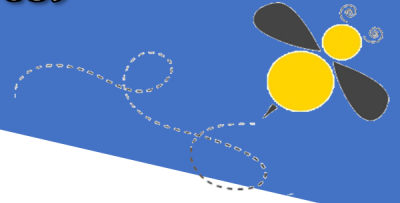


# Worry Monster

## Social and emotional resources



### Terms for using this resource

Please do not copy or share this resource in any format, including the internet.

Please direct people to the website so they can download their own copy.

Thank you for your co-operation on this.

**This is a resource for #elsafreefriday**



[ELSA Website](#)

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[ELSA Twitter](#)

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[ELSA Parent group](#)



**Instagram: elsa\_support**

Facebook ELSA Secret Group: Contact [info@elsa-support.co.uk](mailto:info@elsa-support.co.uk) for your invitation



# Resources for worries and anxiety



CLICK THE PICTURE

The collage features several resources:

- Normal Emotion Wheel:** A circular chart with segments for Normal Emotion, Everyone, Dangerous, Smoke alarm, Happier, Sadness, Anger, Surprise, Disgust, Worried, Calm, Nervous, Stressed, and Bored.
- Five Star Breathing:** A poster with a star character and instructions: "If you are worried or anxious then help to calm those uncomfortable feelings by using 5 star breathing. Start by breathing in." It includes a star-shaped breathing guide.
- Thought Bubbles (Ants):** A worksheet with a cloud shape and ants, asking "What are your automatic negative thoughts (ants)?"
- Anxiety Action Plan:** A poster titled "Anxiety action plan. When your smoke alarm goes off what can you do?" with a list of 7 steps.
- What everyone NEEDS to know about anxiety:** A poster explaining anxiety in terms of Danger, Emotion, and Disgust.
- Changing those thoughts:** A worksheet with thought bubbles and questions like "What are you thinking?" and "What are you feeling?"
- Anxiety or not?:** Multiple worksheets with scenarios and questions to identify anxiety, such as "You fell out with a friend..." and "You are going on holiday..."
- Worry Tree:** A tree diagram with questions like "1. Notice the worry", "2. Ask 'What am I worrying about?'", and "3. Ask 'Can I do anything about it?'".
- How anxiety affects your body:** Two worksheets explaining physical symptoms like "You need to do a wee or a poo" and "You get a tummy ache or you feel sick".

## Anxieties and worries Group intervention

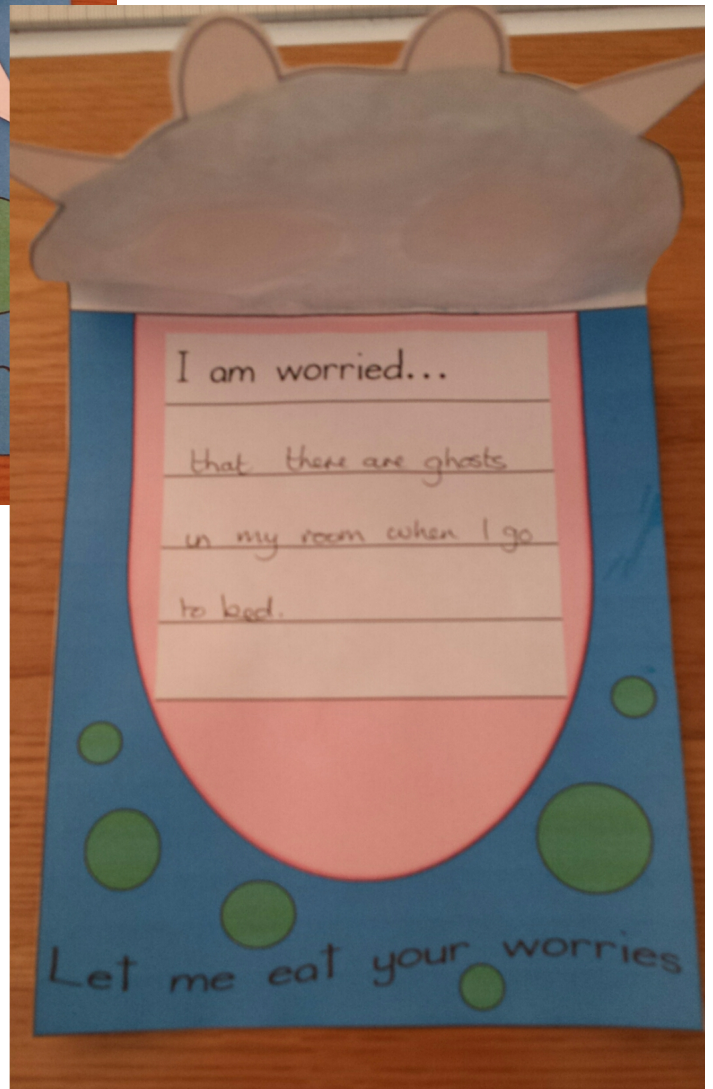
[www.elsa-support.co.uk](http://www.elsa-support.co.uk)

### What's included in the pack?

- A planning booklet with 6 session plans.
- Circle time rules
- Warm up games for circle-time
- Assessments
- Emotion wheels
- Emotion wordmat
- Certificates
- Five Star Breathing poster
- NEEDS to know Poster
- Emotion cards
- NEEDS to know cards
- Anxiety physical symptoms cards
- Where in your body worksheet
- Anxiety cards
- Coping strategies poster
- Worry tree
- Thought bubbles (ants)
- Changing those thoughts worksheet
- Zap anxiety poster
- My Five a day plan
- ELSA/Teaching Assistant notes

Cut out all the template pieces. Fold over on the line, decorate the Monster's face.

Write the worry inside the monster's mouth and close his mouth.



I am worried...

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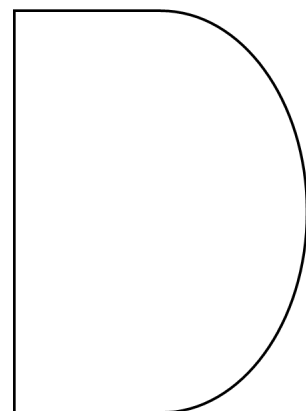
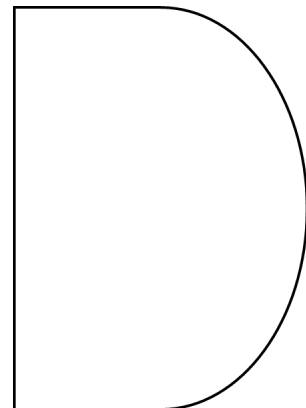
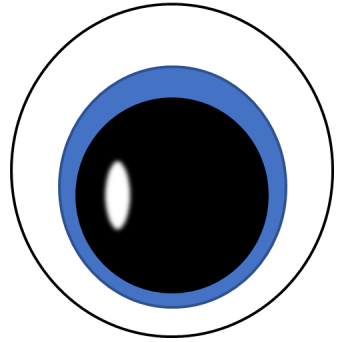
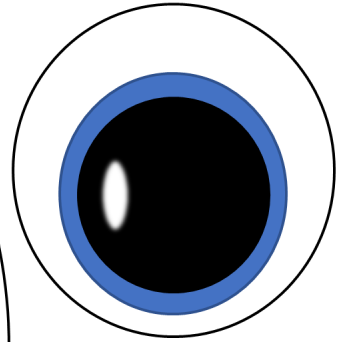
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Let me eat your worries





I am worried...

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Let me eat your worries

