DIY Worry Monster

Materials:

• A tissue box, glue scissors, paint, and pretty much anything you have lying around the house.

• Optional items: googly eyes, pompoms, pipe cleaners, feathers, etc.

*in the photo, the teeth are cut up makeup sponges

Instructions:

1. Remove plastic from the opening so that you are able to glue teeth to the inside of the boxes mouth

2. Paint your tissue box, or cover it in any paper you have at home. Let your kiddos get creative when making teeth, hair, and eyes. If you don’t have googly eyes, use markers so they are able to draw their own.

3. Have your child write down their worries or fears about anything on a slip of paper.

4. Then they can feed it to the “Worry Monster” to eat or hold onto for them

5. Put the worry monster in their room somewhere and encourage them that whenever they are feeling scared, worried, or anxious to write it down and put it in the worry monsters mouth.