

# UNIT 5 Talk Things Over



## Home Activity

At times we all feel worried. It is important to encourage children to share and talk about what they might be worried about. It can be difficult in bad times to believe that things will get better, but just like the weather, things will change at some point and better times will come.

We have learned that:

- At times we all feel worried
- If worries are not dealt with, they can sometimes get out of control
- If you are struggling, it is important to ask for help

### Activity

We would like you to make a Worry Monster together. A Worry Monster is a 3D junk model monster with a large mouth. The Worry Monster can help children to manage their worries. When they write down their worry, they can post it in the Worry Monster's mouth. It can also make it easier for some children to express their worries if they don't want to share them.

Use art materials to create your own Worry Monster (remember it needs a big mouth for all your worries!)

- How many heads does the monster have?
- Does it fly?
- Does it have scales, lumps, bumps, or is the skin smooth?
- How big is it?
- Can it swim?
- How fast can it run?
- Does it have a name?
- What powers does it have?

You may want to give it a funny name and an unusual personality. Now write down one of your worries and post it in your worry monster. Bring your worry monster in to school to show your class.

*Please return your home activity to school so you can share your ideas with your class. Some examples will be chosen to share at our Sharing Assembly.*

