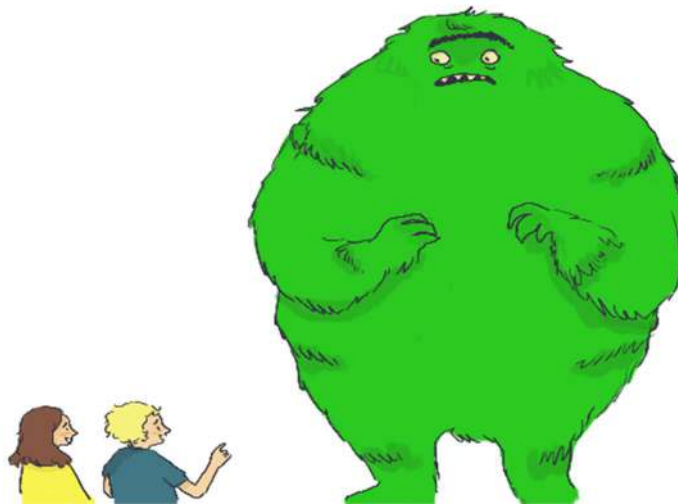


Exercises To Shrink The Worry Monster

These research-based exercises give caregivers and teachers concrete ways to help the worried child.

- Reassure your child that everyone has Worry Monsters, even parents & teachers!
- Encourage your child to draw and name her Worry Monster.
- Make two columns on a sheet of paper. In the first column write down what your child says his Worry Monster is telling him. For example, “You aren’t a good reader.”
- Help your child come up with words to say back to the Worry Monster. For example, “I am a good reader, I work hard, and I always do my best.” Write these positive sentences in the second column across from the negative sentences. (See guide for examples of talking back to Worry Monster.)
- Have your child read these positive sentences often and ask her how it feels to talk back to her Worry Monster.
- Don’t be surprised if your child says, “It feels great!”



For more ideas and the companion book, see <https://drsallyb.com>.