

Helping all learners reach their full potential.

Year 3 Teachers would like to share some ideas with you. Simple activities you can try at home to support your child's development. From calming down techniques to activities which will help develop your child's social and emotional skills.

Activity 6:

Worry Monster



All you need:

- Finished tissue box
- Paint
- Paper
- Googly eyes
- Glue
- Other bits and bobs to use to decorate the Monster

Directions:

Children like us adults may have a wide range of worries. This activity may help them offload those worries in a calm manner. They simply note down whatever they are worried about and post them into their monsters mouth. Explain that the monster likes to eat the worries.

Note: Explain that at any point if your child should want to discuss the worry with you, they can do. It may be something best shared!