

The **WORRY MONSTER**

Calming Anxiety with Mindfulness



ACTIVITY BOOKLET

TIME TO FOCUS

One of the Mindful Monster Moves is to focus on your senses.
Answer the questions below!

Name three things you can SEE.

1

2

3

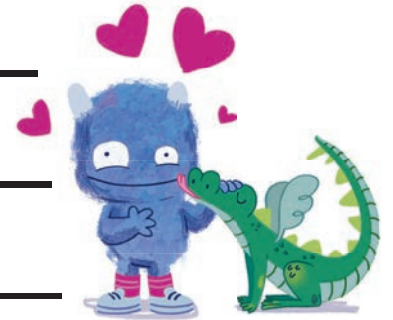


Name three things you can TOUCH.

1

2

3

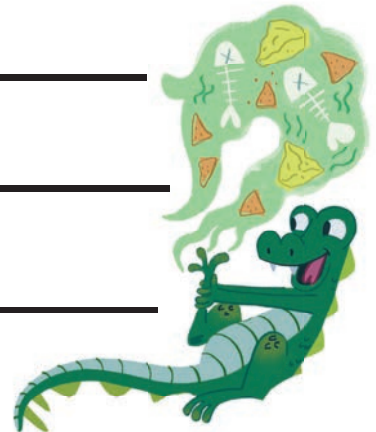


Name three things you can SMELL.

1

2

3

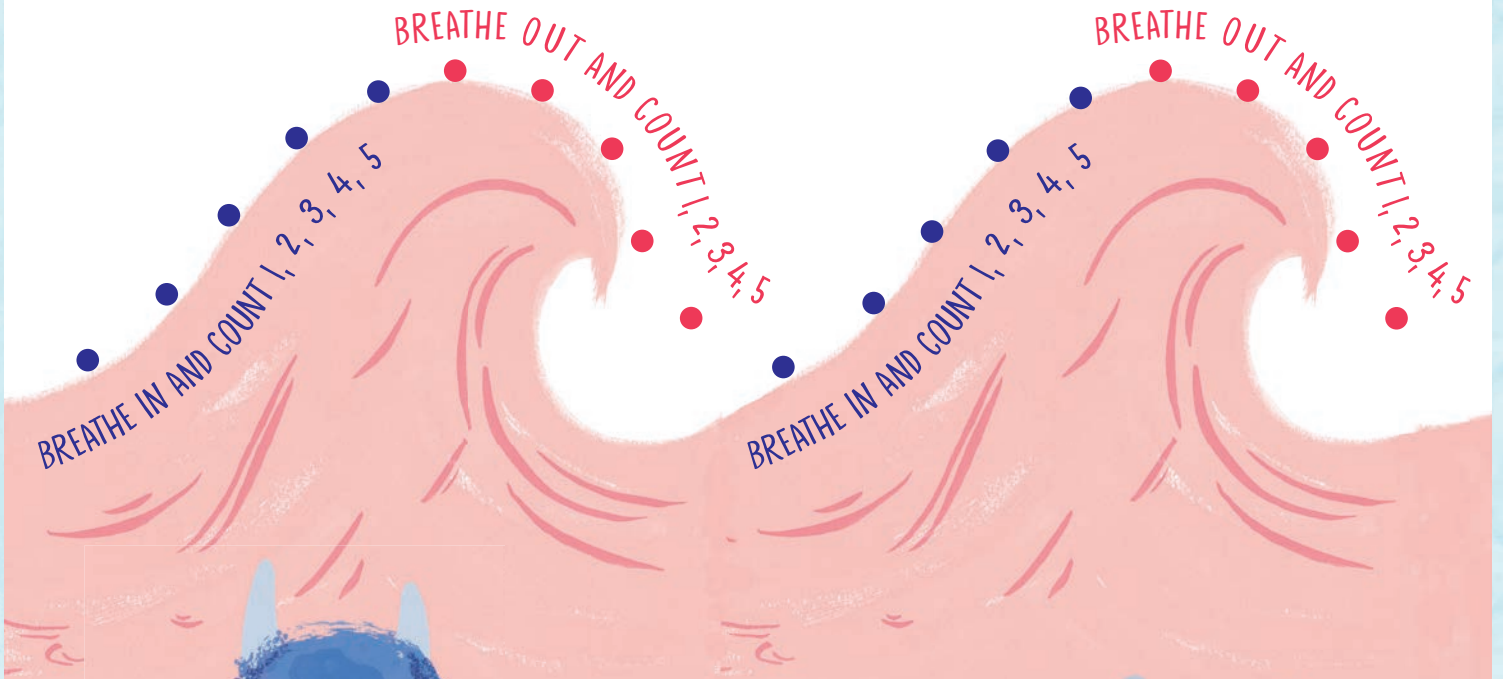


GET
YOUR COPY
TODAY!

CALMING BREATHS

Connect the dots to trace two big waves.

As you trace, breathe in and count 1, 2, 3, 4, 5; breathe out and count 1, 2, 3, 4, 5.



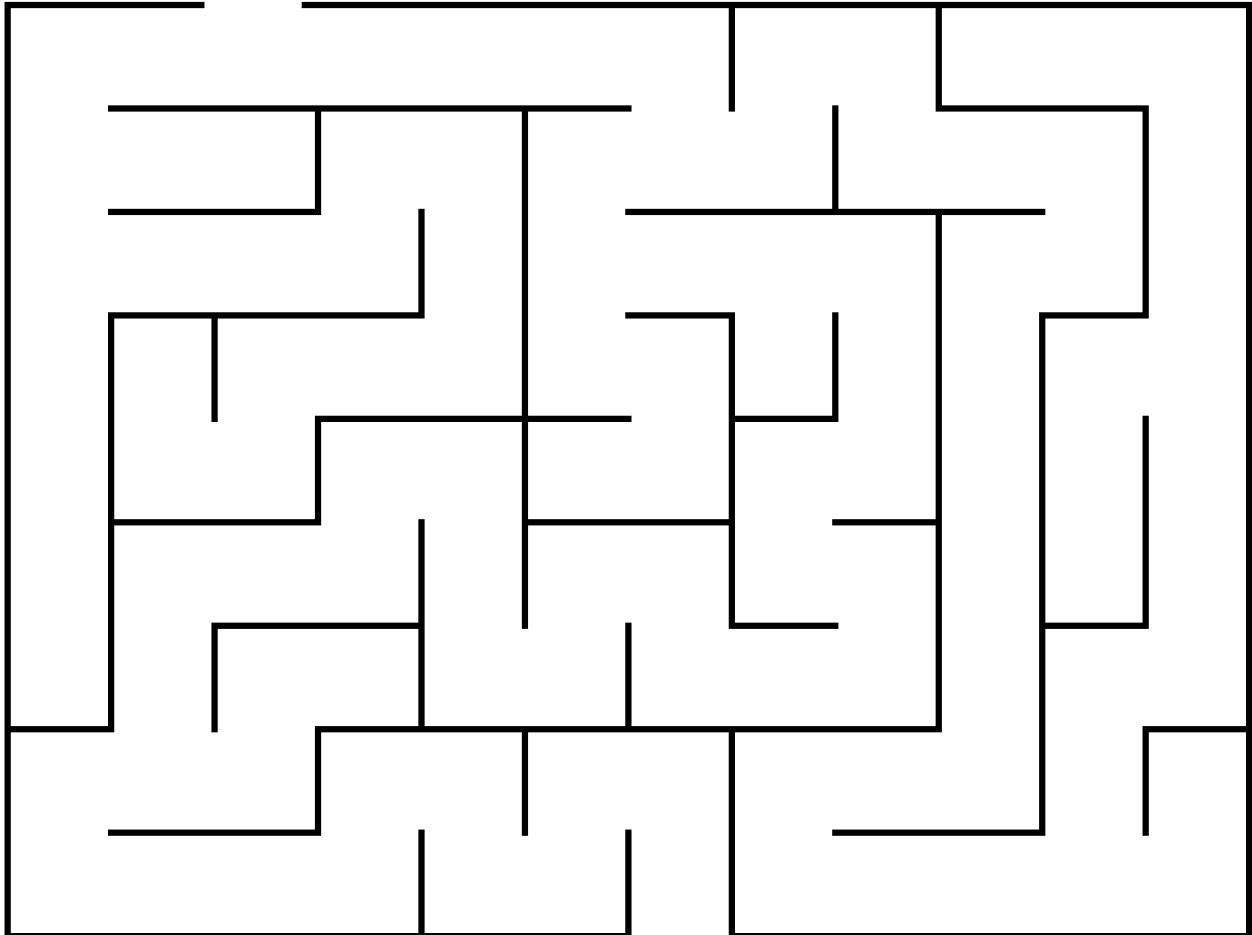
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FIELD TRIP

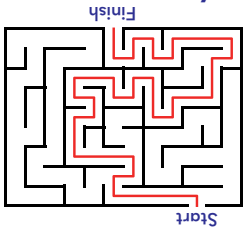


The Worry Monster is ready for the class field trip!
Guide the Worry Monster to his classmates.

Start



Answer Key:



Finish



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FULL MONSTER

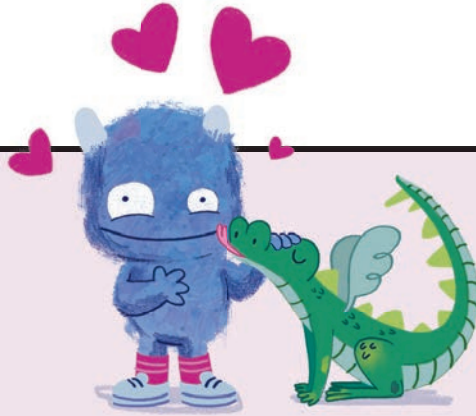
What does your
FULL MONSTER look like? Draw it!



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GRATITUDE

What are you grateful for? Make a list!





GET YOUR COPY TODAY!



Don't Forget Your Mindful MONSTER Moves!



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YOUR COPY
TODAY!

