



SUNRISE Wellbeing

Holistic therapeutic support service for children, young people & adults



The Worry Monster Poem


I'm your little worry monster
I am always here
When worries pop into your head
Don't let them turn to fear

Take a piece of paper
Make sure you write your name
Explain your worry
Write it clear and plain

Put the worry into my mouth
And let me eat the fear
Put a smile upon your face
Then give a great big cheer!

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www.elsa-support.co.uk

Design and
name your
own
WORRY
MONSTER

 @sunrisewbeing

 /sunrisewellbeing

 hello@sunrisewellbeing.co.uk

www.sunrisewellbeing.co.uk