

my

# WORRY



my **Worry**

What happens to your body when you are worried?

Mind is racing  
Tense eyes  
Racing heart  
Upset stomach  
Fast breathing  
Clenched jaw  
Sweaty hands  
Restless and

**HEART and MIND Teaching**

# MY WORRY MONSTER

## Session Objective:

- \*Students will identify how their body feels and looks when worried.
- \*Students will recognize different actions that make them worry.

## Materials:

- \*Pencils
- \*Crayons
- \*My Worry Monster handouts

## Guiding Questions:

- \*How do we look when we are worried?
- \*What are some things that make us feel worried?

## Session Details (about 30 minutes)

\*My Worry Monster activity: "Everyone expresses their worries differently, some people get tense eyes and eyebrows, some cry, some get upset or butterflies in their stomach, some feel hot all over. It's important to identify how we look when worried so we know when we are starting to get upset, and can then do things to calm down." Pass out the worry monster handout. Show them the example of the one that is completed. "This is your worry monster, describe how you look or act when worried then share with the group. You will notice some of us express our uncertainties in the same way." Pass out the color my monster handouts. "Now that we know how we look when worried, let's find out what makes us worried and what does not, color in the monster based on the color code and then we will discuss who has similar things that make them worried." Once everyone has completed their pages, go through each one and discuss why they put not worried, a little worried, or very worried. Next, give them the last two pages to complete about people and places that make them worry. "It's important to also determine what others do to bring out our worries and locations that cause concerns to us."

## ASCA Standards Alignment:

- \*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M I)
- \*Behavior: Social Skills: Use effective oral and written communication skills and listening skills (B-SS I)

## SEL Competencies:

- \*Self-awareness: identifying emotions, accurate self-perception.
- \*Responsible decision-making: identifying problems

# My Worry



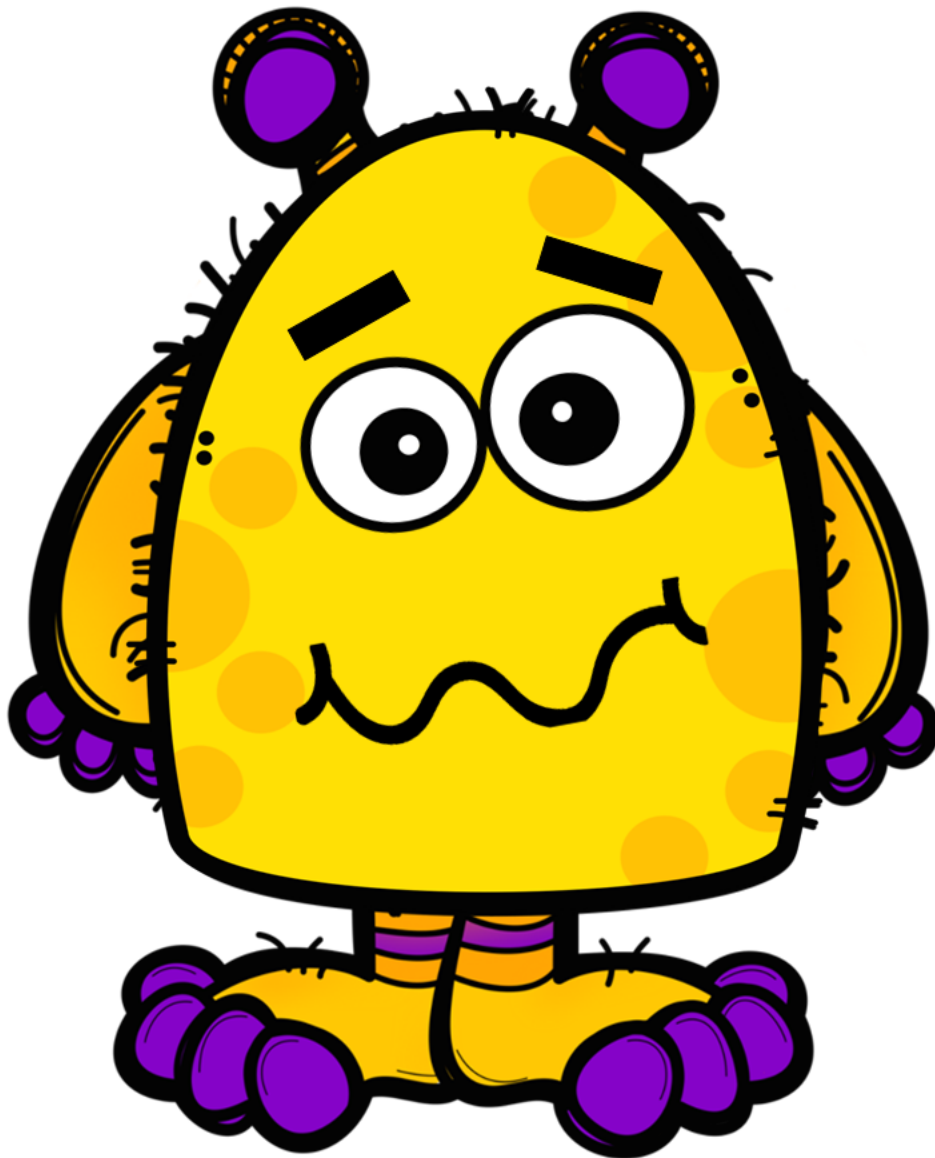
What happens to your body when you are worried?



# My Worry



What happens to your body when you are worried?



# Color your Worry Monster



Not  
Worried

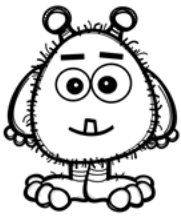


A little  
Worried



VERY  
Worried

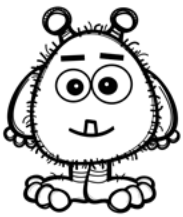
Color the monsters using the color code above, based on how you would feel to each given situation.



Someone calls  
me names.



I did not do well  
on a test.



The teacher asks  
me to read in front  
of the class.



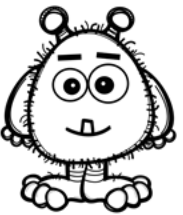
I have a big  
project due soon.



No one asks me to  
play at recess.



Someone looks at  
me while whispering  
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I forget to do my  
homework.



Someone  
tattles on me.

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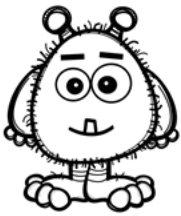


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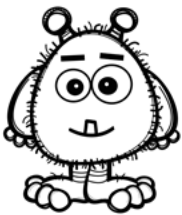
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I do not finish my  
work in time.



I am not getting  
good grades.



I see something  
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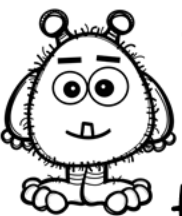
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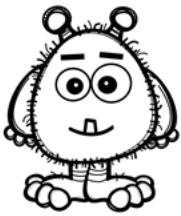


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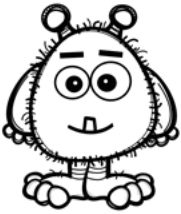
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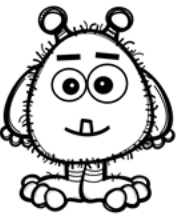
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I get a bad  
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I get in trouble.



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The people in our life sometimes bring out our Worry Monster, list what these people do that make you worry.

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Some places cause our Worry Monster to show itself, describe what happens in these areas in your life.

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In the hallway

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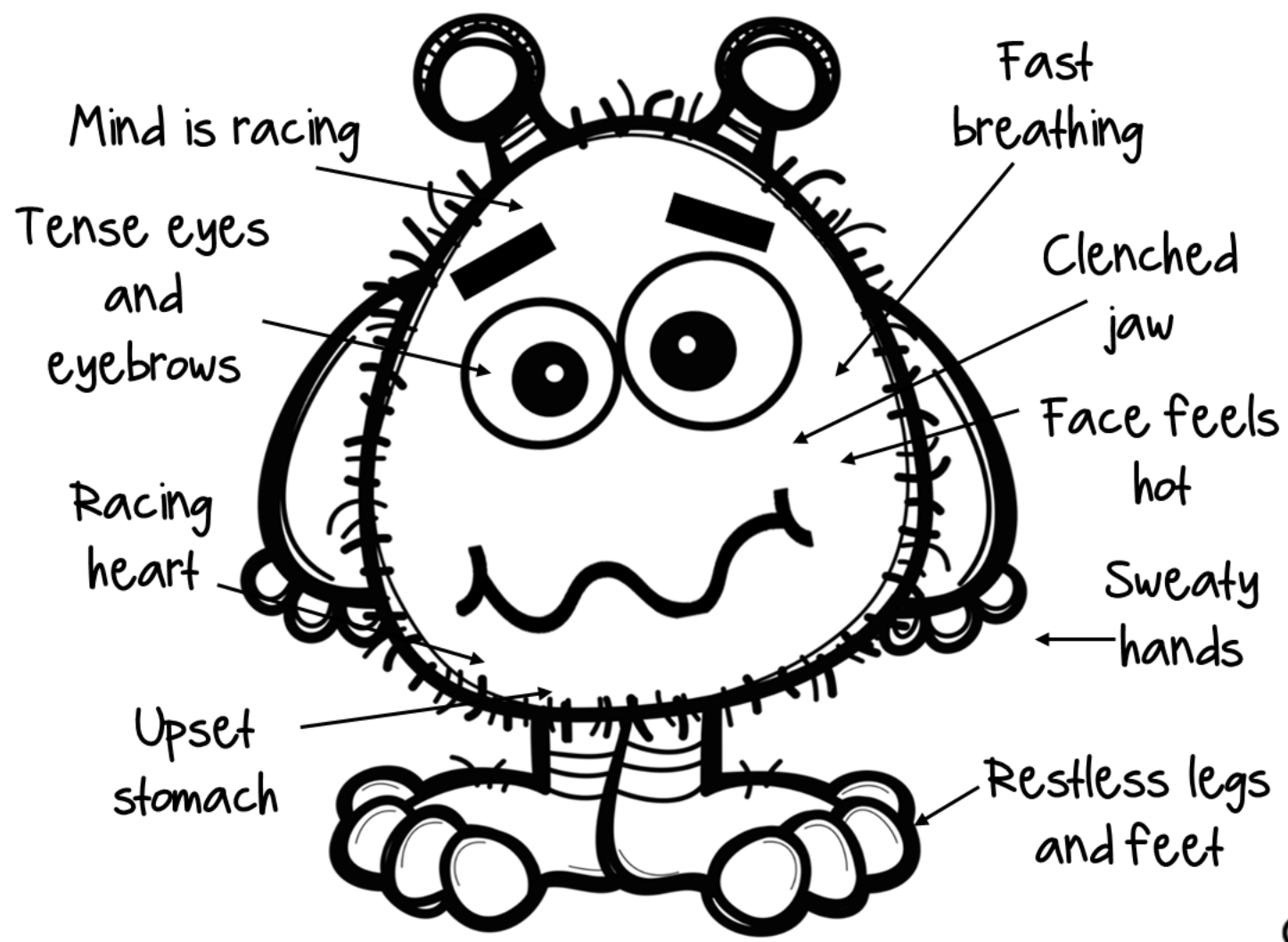
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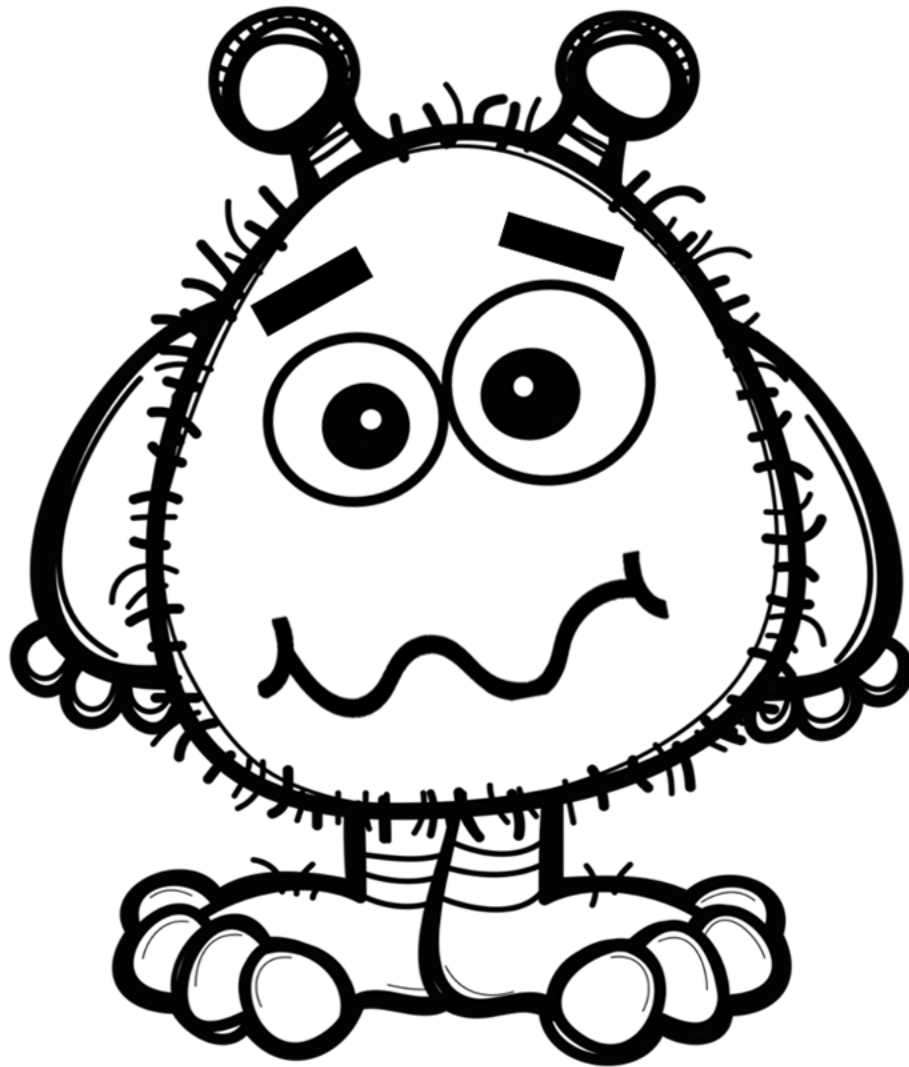
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(Green)



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VERY  
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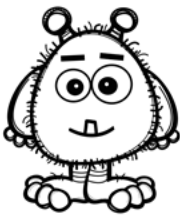
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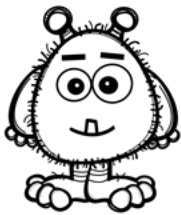
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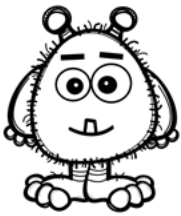


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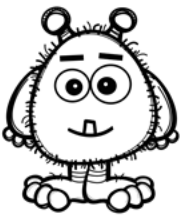
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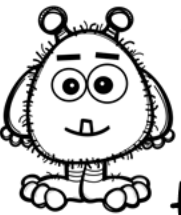
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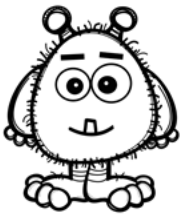


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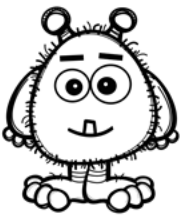
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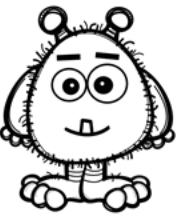
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# GOOGLE CLASSROOM

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource into your Google Drive.

1 Click here  [My Worry Monster](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

**YOU HAVE TO MAKE A COPY FOR EACH STUDENT!**

Otherwise they will all be editing the same file.

Click "Assign" in the top right corner if you're ready to post!

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

# ABOUT THE AUTHOR



## I'M ASHLEY

an Elementary School Counselor.

I have a B.A. in Psychology and an M.A. in School Counseling. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning. I am a wife, and mother to 2 young boys. Thank you for supporting my little shop.

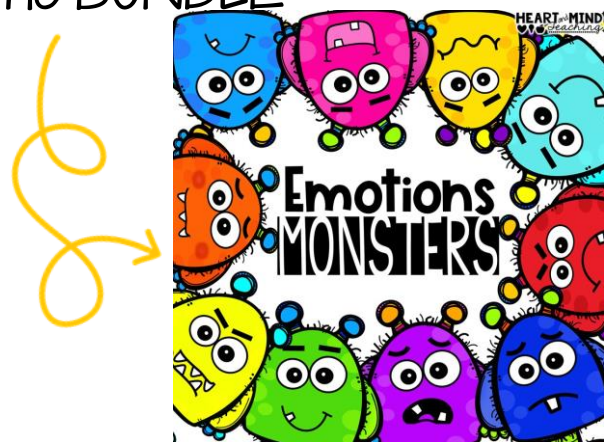
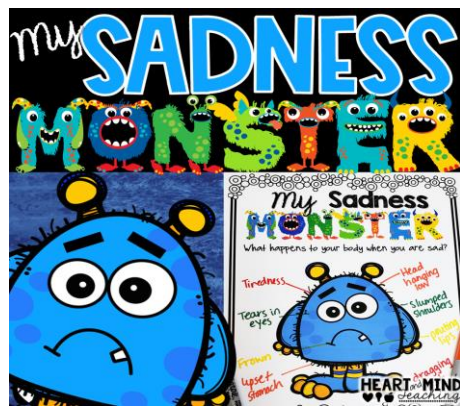
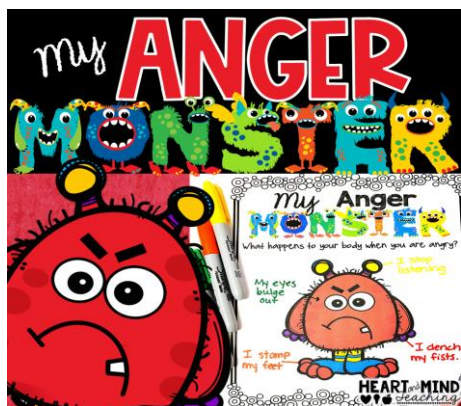
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# RECOMMENDED RESOURCES

Check out more Monster Emotions in the BUNDLE



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