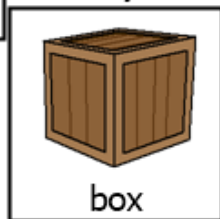


Supporting Emotions

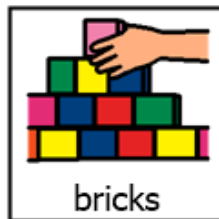
Using play activities to support talking about worries



Build a Worry Monster using a box which your child can decorate. Cut out a mouth piece. Support child to write or draw their worries. They can post into the Worry Monster to be eaten. You will get an idea about what is worrying the child.



Talk about the volcano rumbling then erupting. Relate to child's angry feelings. What things cause them to erupt and what can be done to stop eruption.



Cut out child's hand prints to make leaves for the Helping Hands Tree. For each leaf ask child to name a person they could talk to if something was worrying them.

