



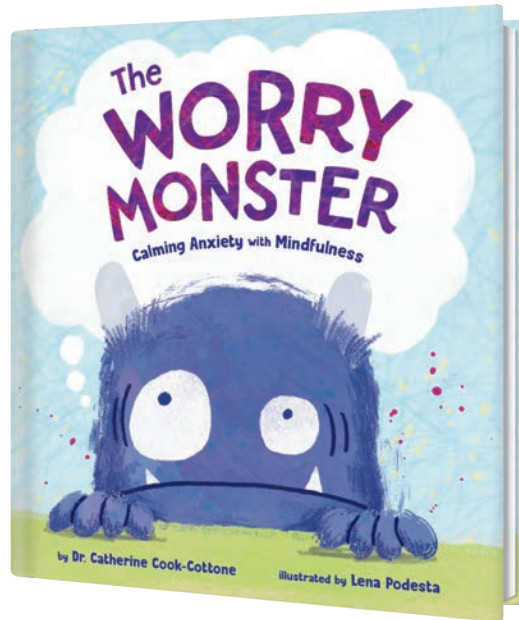
Don't Forget Your Mindful MONSTER Moves!



The WORRY MONSTER

Calming Anxiety with Mindfulness
ACTIVITIES!

by **Dr. Catherine
Cook-Cottone**



illustrated by
Lena Podesta



Everyone worries sometimes! But when your worries are giant, overwhelming, and constant—you've turned into a worry monster.

Fortunately, the Worry Monster knows seven Mindful Monster Moves that will help him—and you—stop the worry spiral.

In this therapeutic story from **Dr. Catherine Cook-Cottone**, kids are able to see themselves in the Worry Monster and learn step-by-step practices for self-soothing and reducing their anxiety.



FULL MONSTER

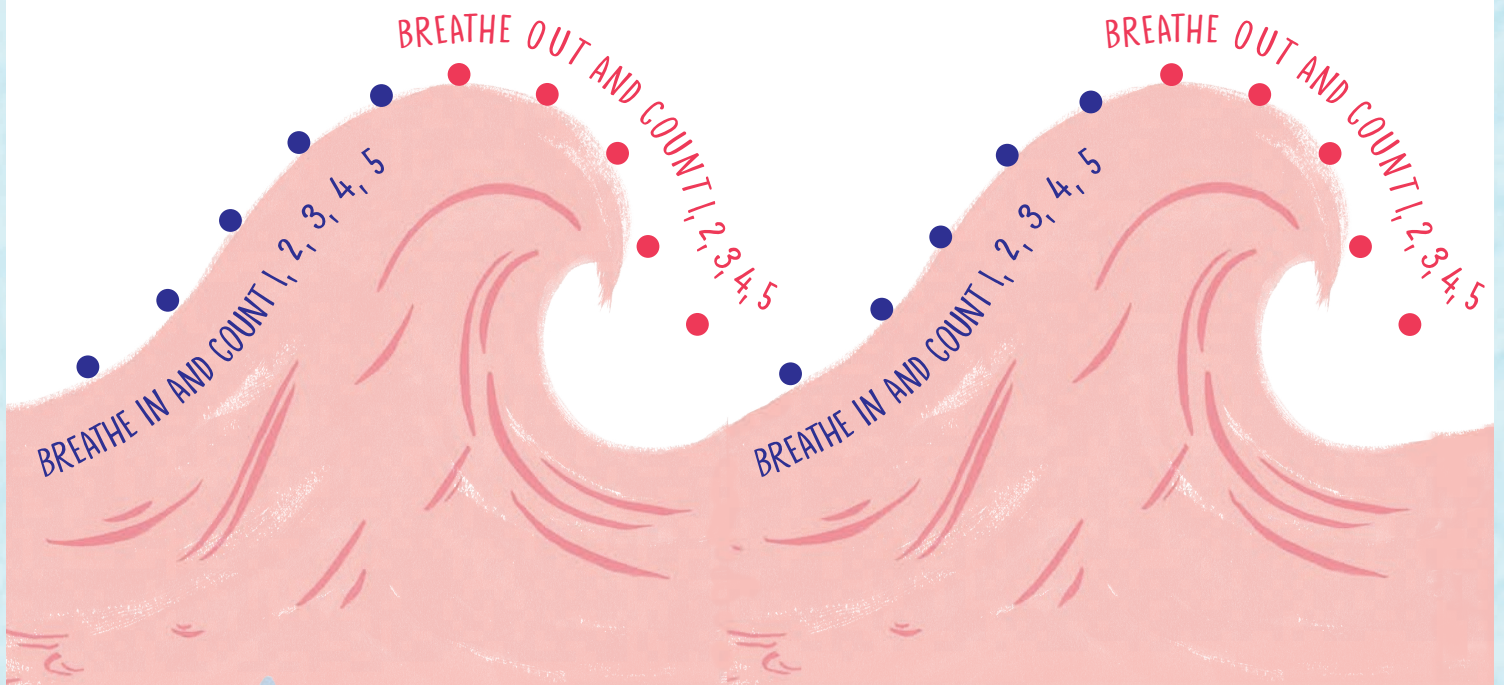
What does your
FULL MONSTER look like? Draw it!



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.



GRATITUDE

What are you grateful for? Make a list!

