

WORRY MONSTER



TRACKER



BY GREAT MINDS TOGETHER

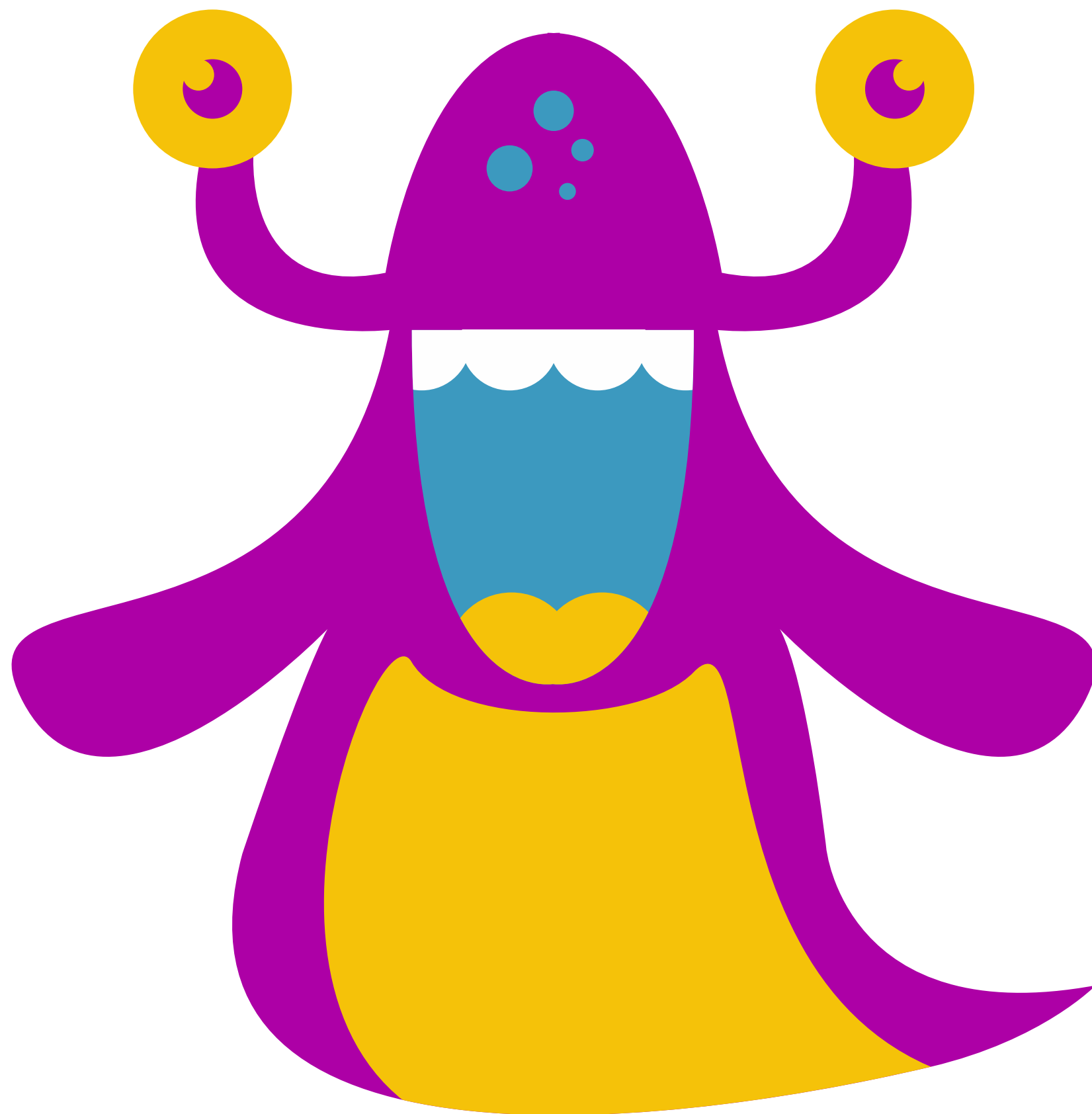
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Worry Monster Tracker

**We all worry about things sometimes,
and lots of children are worriers too.**

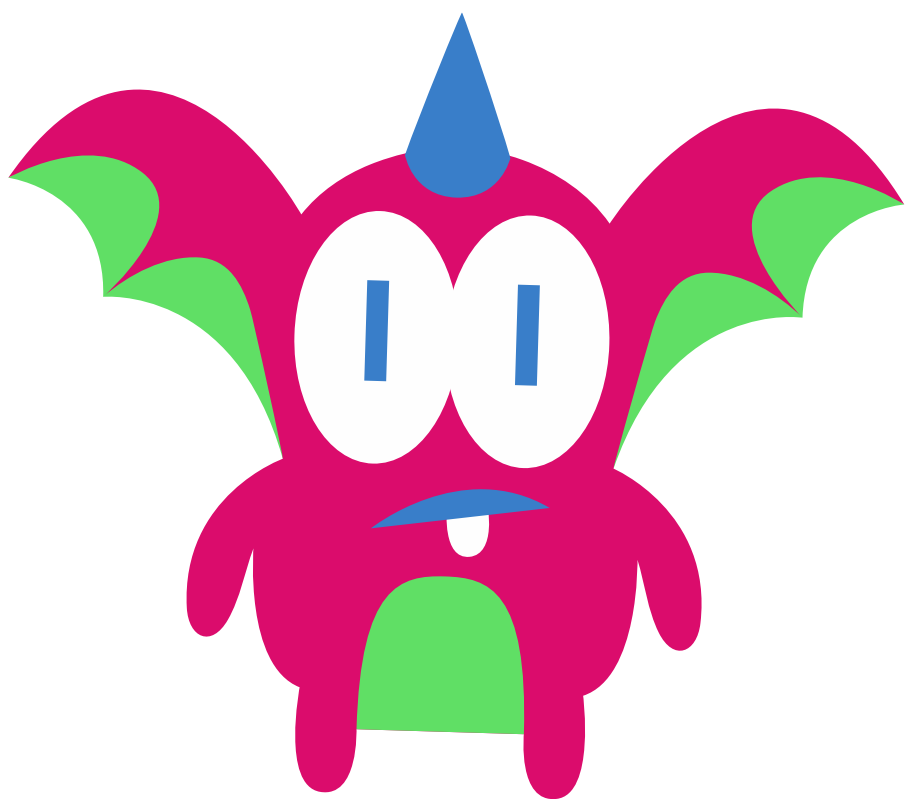
**This tracking worksheet allows children
and young people to keep track of their
'worry monsters' but more importantly,
keep track what coping strategies they
have used to combat their anxious
thoughts!**



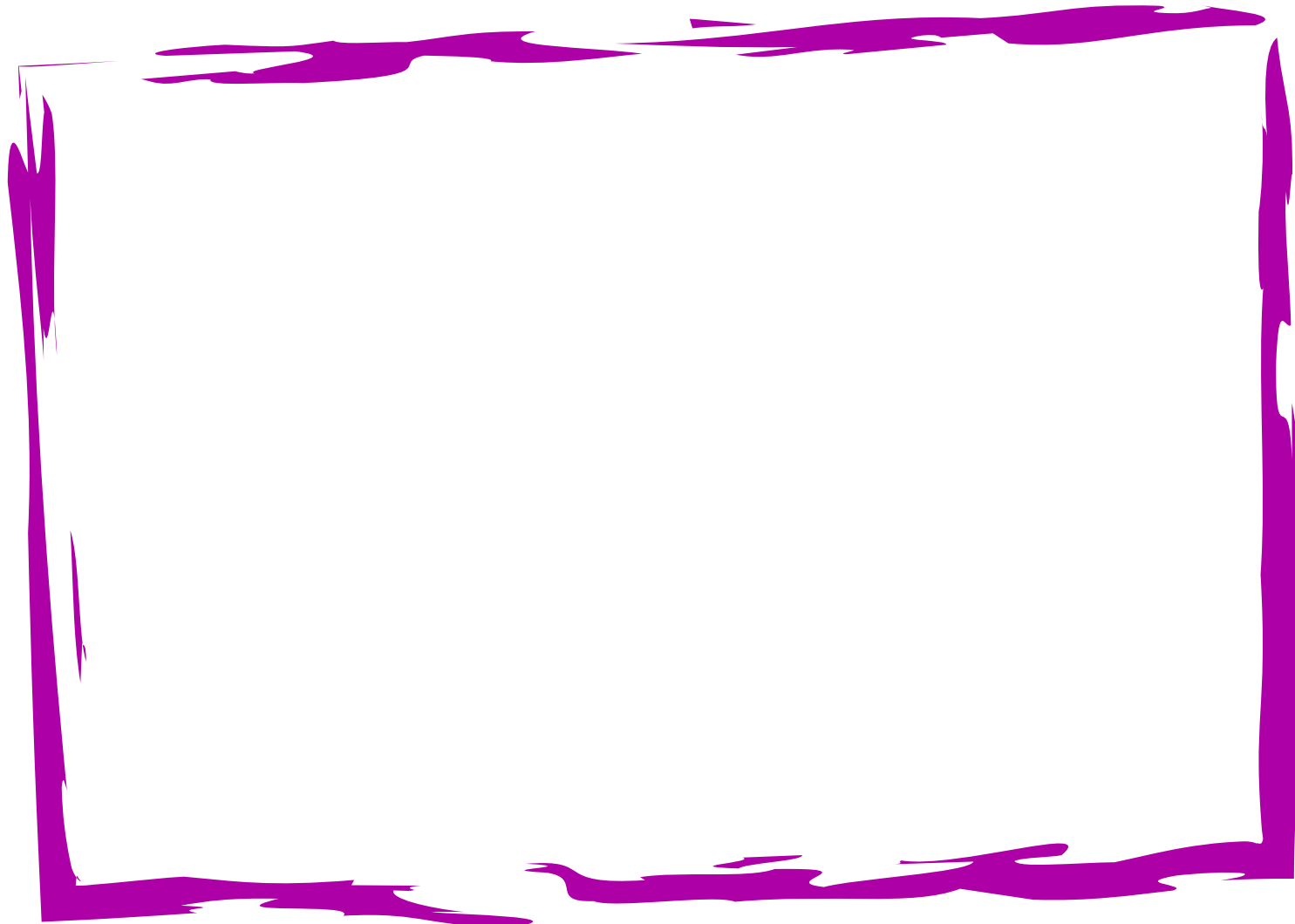
MY WORRY



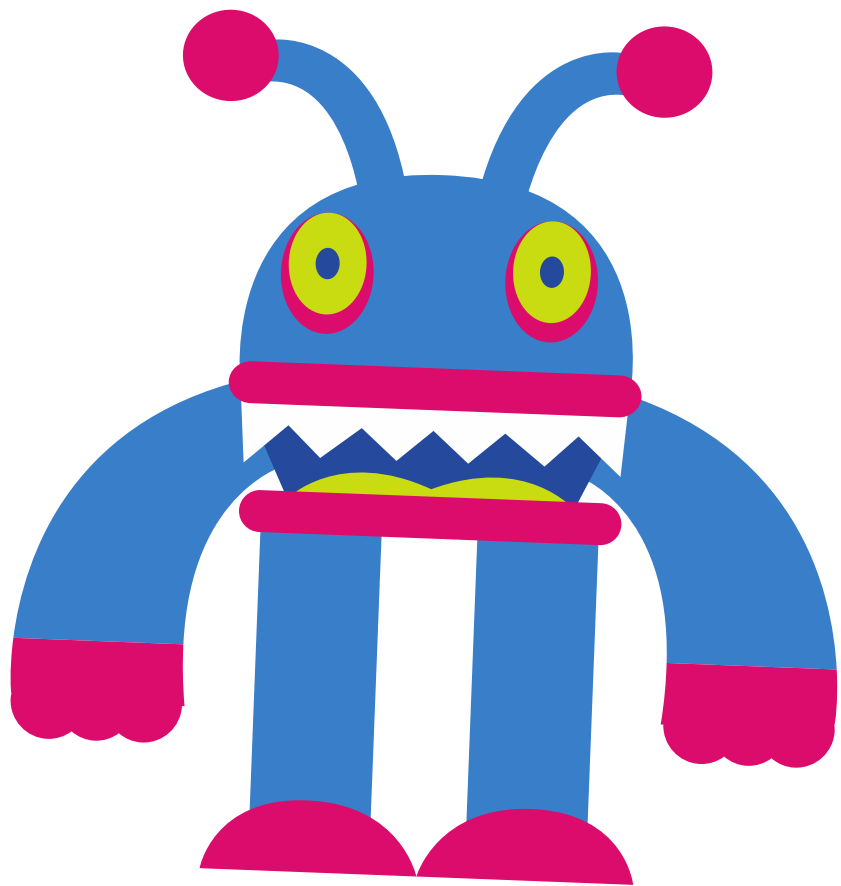
HOW MY BODY FELT



HOW I MADE MYSELF FEEL BETTER



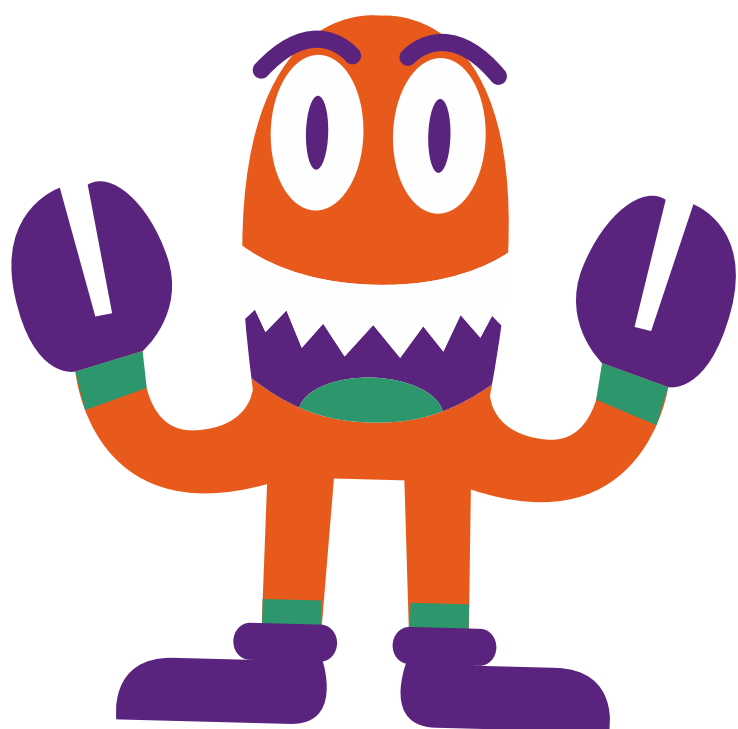
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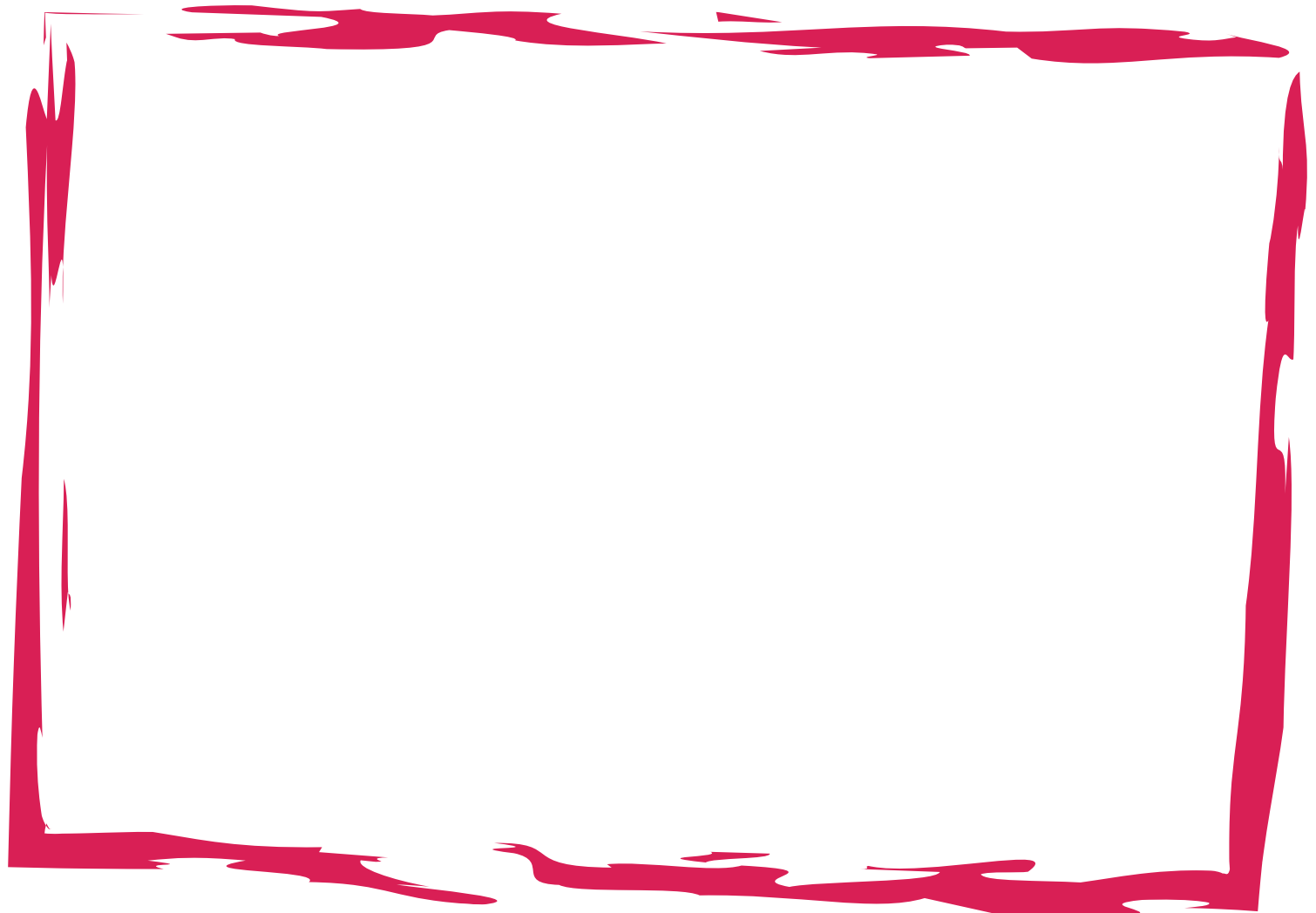
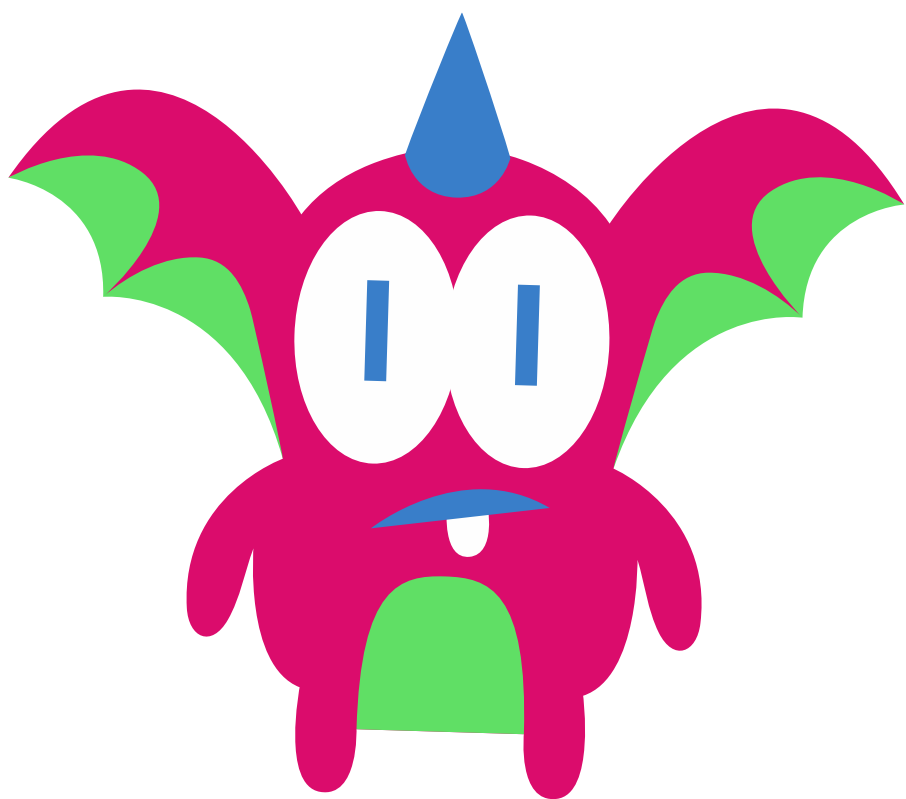
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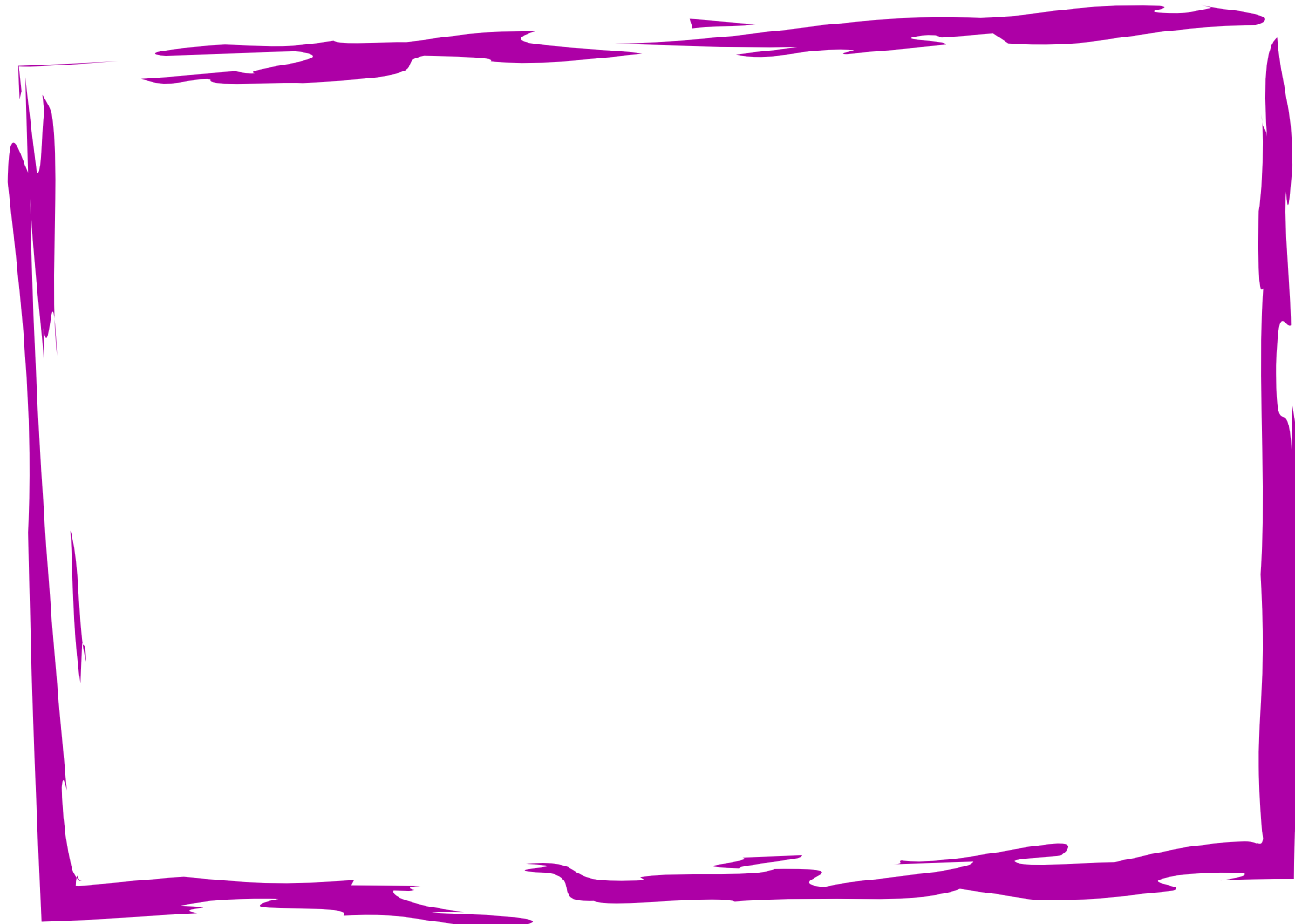
MY WORRY



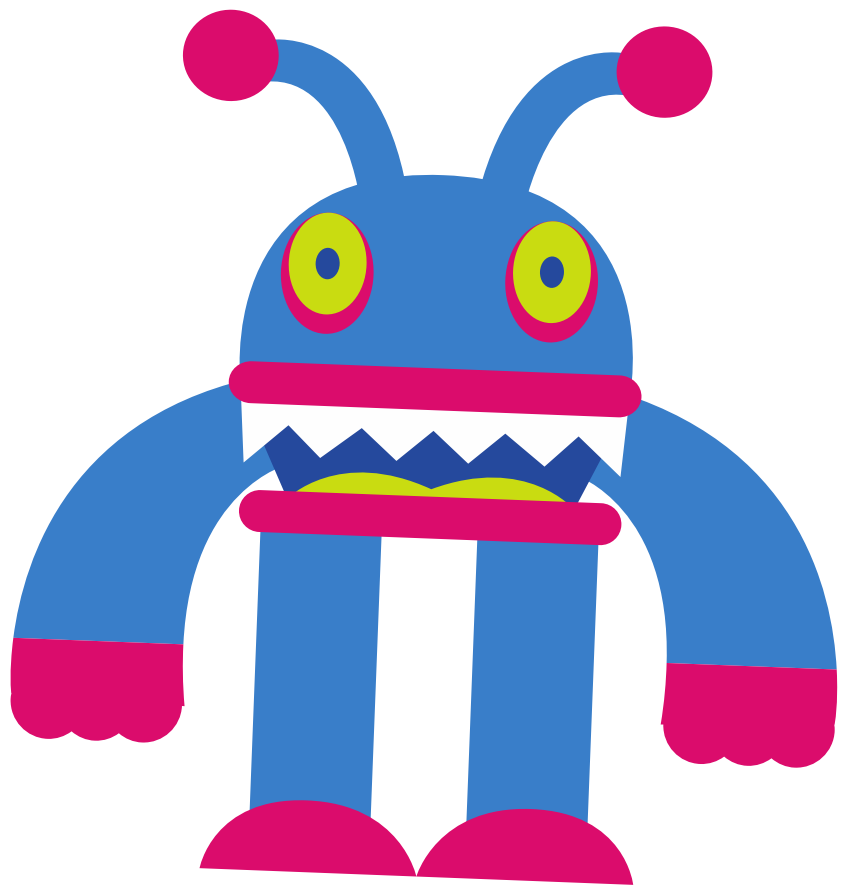
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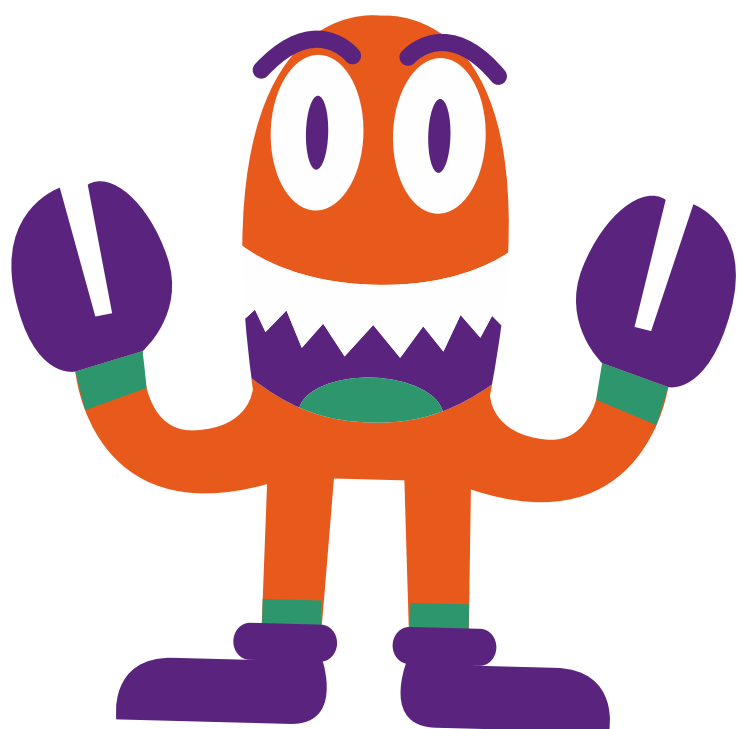
MY WORRY



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