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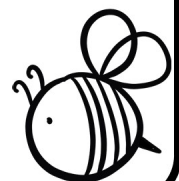
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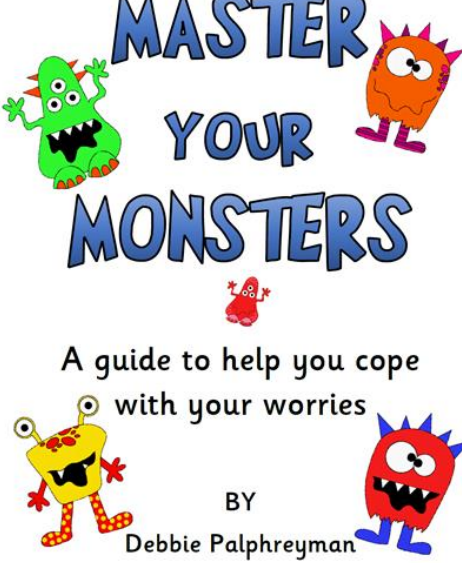
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MASTER YOUR MONSTERS ANXIETY BOOKLET

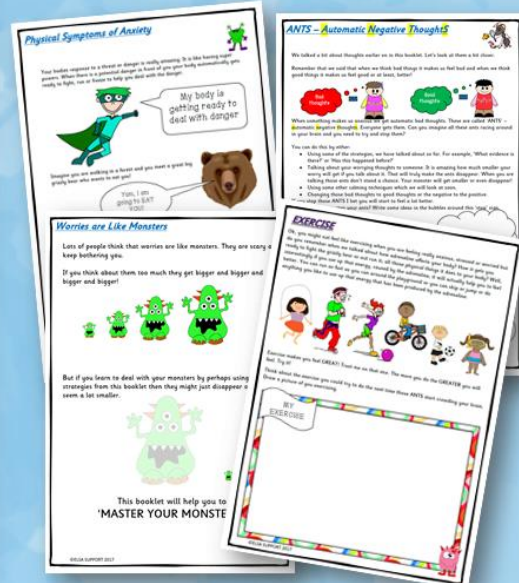
MASTER YOUR MONSTERS



A guide to help you cope with your worries

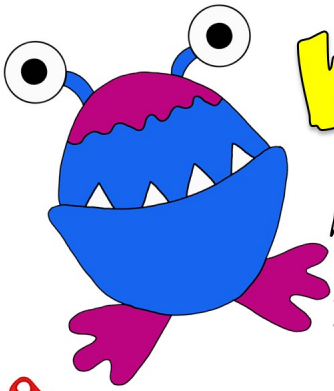
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Debbie Palphreyman
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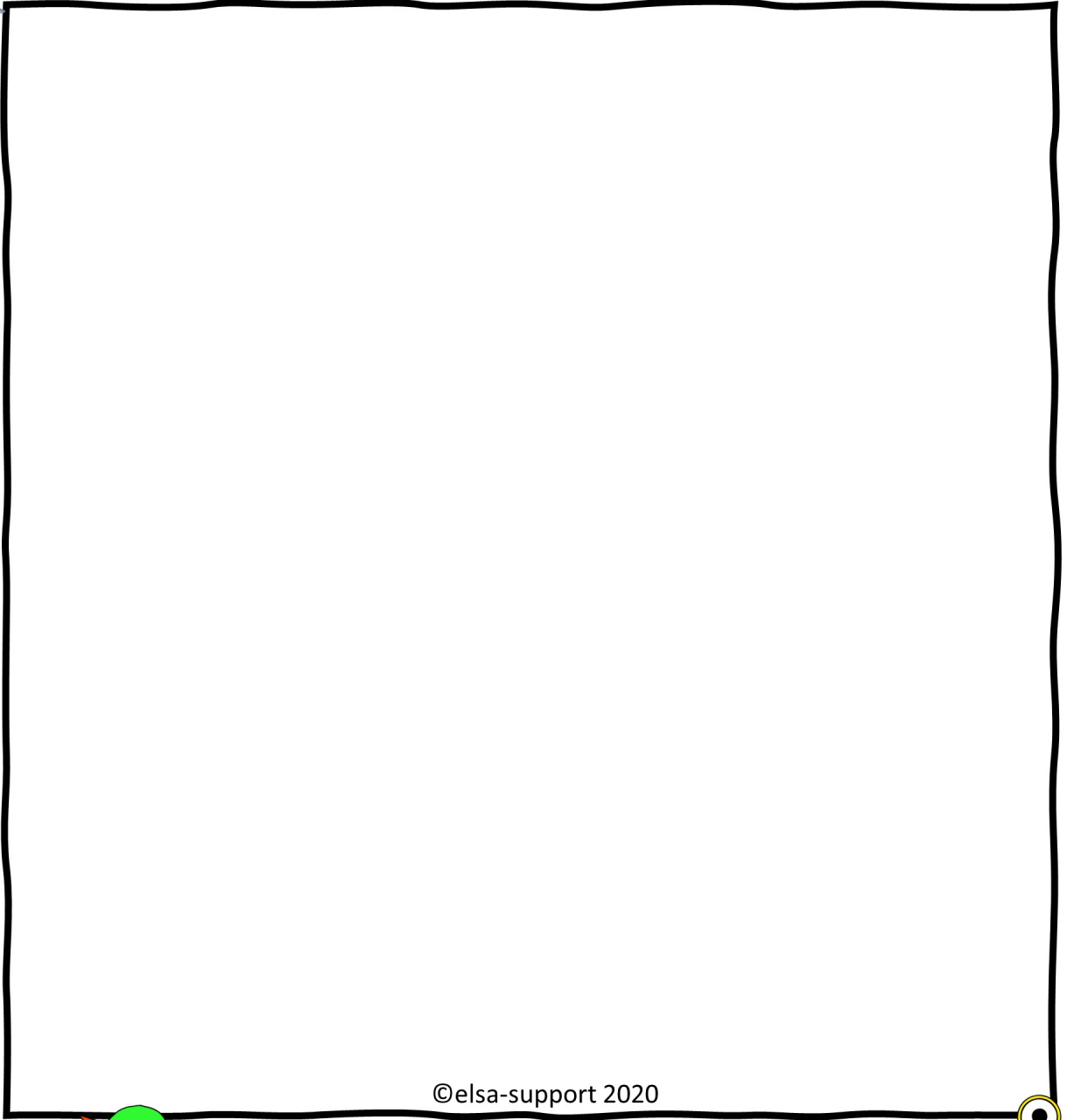




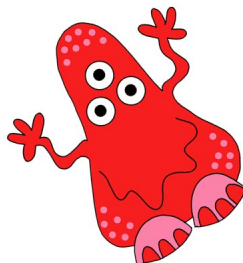
Worry monster

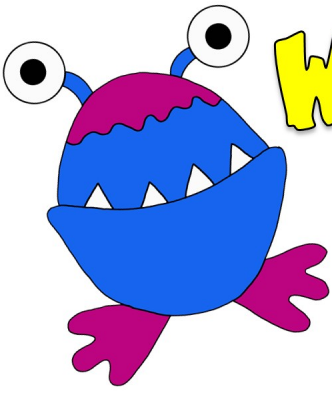


*Design your own worry monster.
What shape and colour will it be? Cut him out
and stick in your room somewhere
You can imagine feeding the monster all your
worries and letting them go. Have a try!*



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Worry monster



Make a list of worries to talk to your monster about.

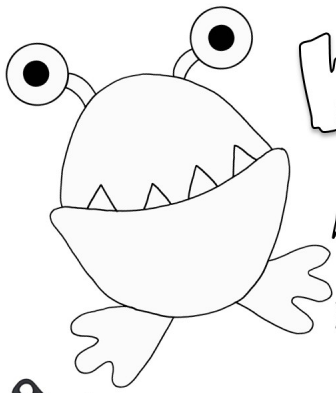
(Remember if you are really worried you can talk to an adult too!)

1.

2.

3.

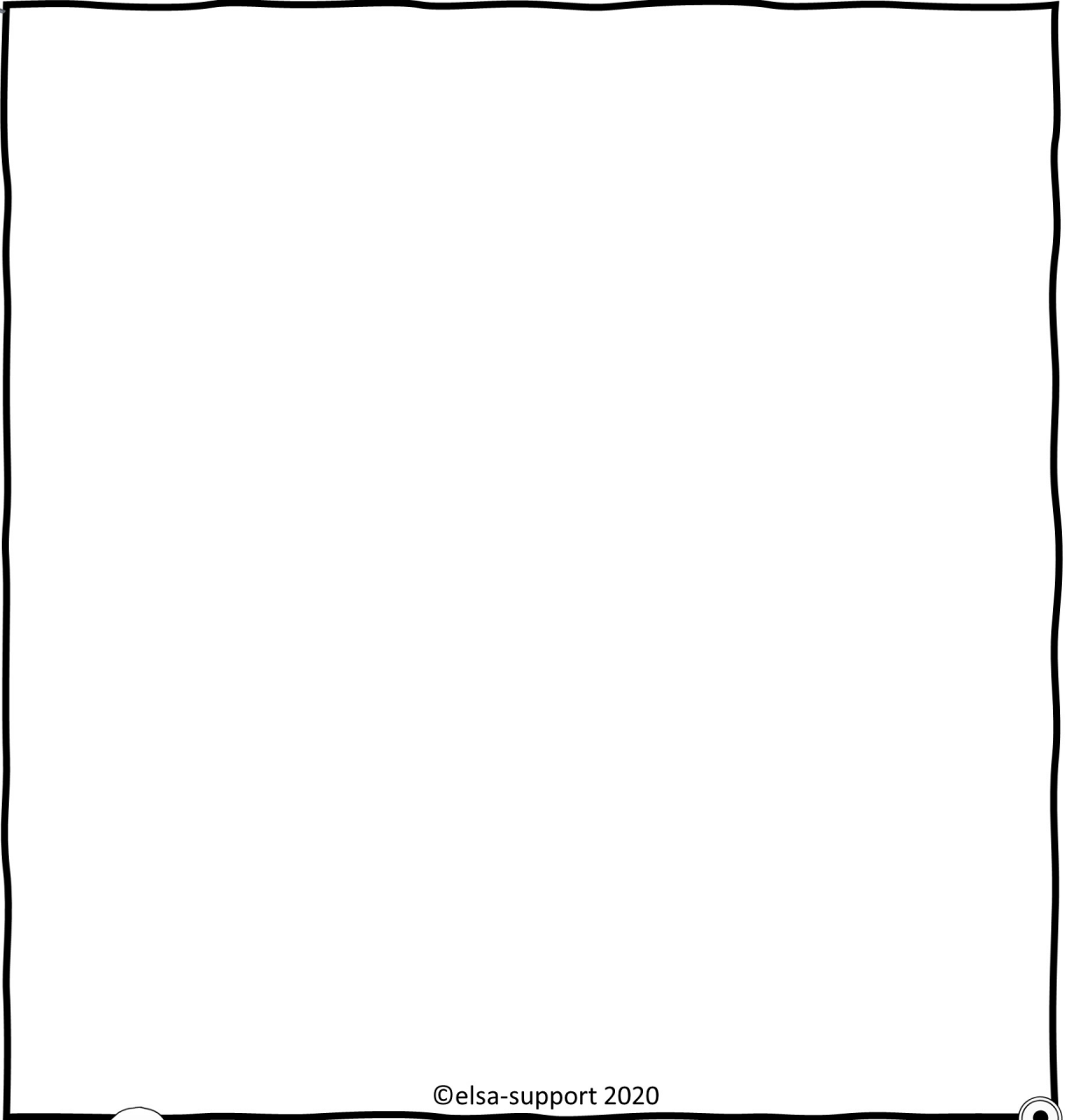
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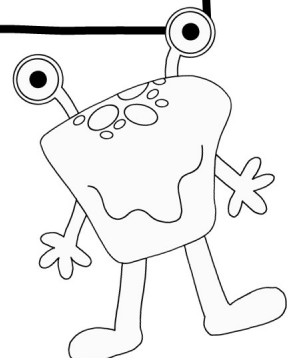
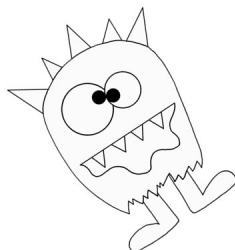
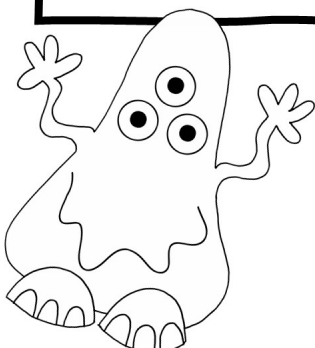
Worry monster

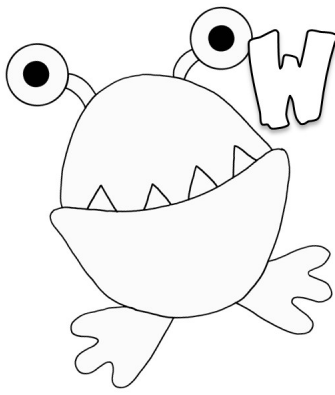


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