

How to Create Your WorryWoo

Student Name: _____

What is a WorryWoo Monster? A WorryWoo Monster is a character based on an emotion that we all have felt. Some examples of WorryWoo emotions are loneliness, confusion, worry, frustration and insecurity. Can you think of other feelings?

Creating a WorryWoo Monster of your own can be lots of fun, since it allows you to express how you feel at any given time. The most important part of a WorryWoo Monster is that it helps you see the positive side of emotions. Create your very own WorryWoo by answering the following questions:

What emotion would you like your WorryWoo to express?

What colors do you think of when you think of this emotion?

What would you like to name your WorryWoo? (Example: Nola, The Monster of Loneliness)

Describe the world in which your WorryWoo Monster lives (trees, colors etc)?

What would you like your WorryWoo Monster's message to be? (Example: Wince, The Monster of Worry's message is Don't Feed The WorryBug or your worries will grow.)



Having trouble coming up with a name or story about your WorryWoo? That's okay, take a minute to read a WorryWoo story and use that to help create your own character and storybook.