

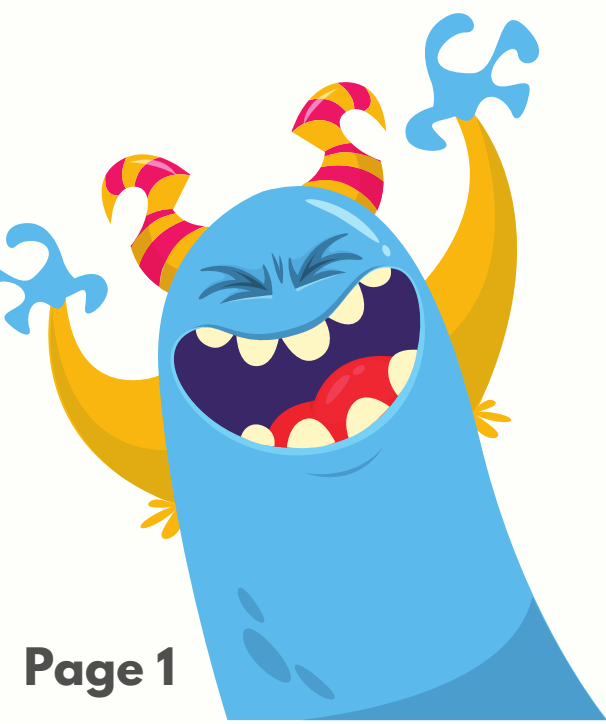


WILLIAM AND HIS WORRY MONSTER MARVIN



This book belongs to

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Let's start by saying hello to William



William is a big 7 years of age. He likes to have fun but sometimes worries about things.

William wants other children to know that it's ok to talk about any worries that you may have.

WILLIAM HAS FOUND THAT HE FEELS MORE WORRIED ABOUT THINGS BUT HE ISN'T SURE ABOUT WHAT TO DO WITH HIS WORRIES.



SOMETIMES HE HAS BEEN ABLE TO SPEAK WITH A SAFE ADULT ABOUT HIS WORRIES, BUT FOR WILLIAM HE IS FEELING REALLY CONFUSED.



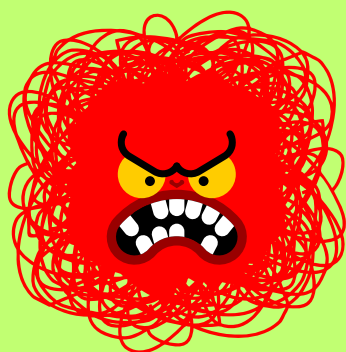
WILLIAM IS WORRIED ABOUT GOING TO SCHOOL,
HE WOULD RATHER STAY AT HOME. HE FINDS IT
HARD TO STAY CALM AND SOMETIMES HE GETS
SO OVERWHELMED, HIS BODY JUST DOESN'T
KNOW WHAT TO DO....THIS SOUNDS SCARY FOR
WILLIAM.



WILLIAM WAS SO BRAVE, HE TOLD HIS MUM THAT
A BOY AT SCHOOL WAS GIVING HIM A HARD
TIME, CALLING HIM NAMES AND WOULDN'T
ALLOW HIM TO JOIN IN GAMES AT BREAKTIME.

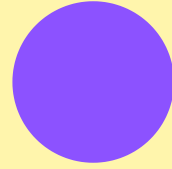


THINGS STARTED TO MAKE MORE SENSE NOW FOR MUM. SHE NOTICED THAT IN THE MORNING AND WHEN WILLIAM WOULD COME BACK FROM SCHOOL, SOMETIMES HE WOULD SHOW HIS BIG FEELINGS.



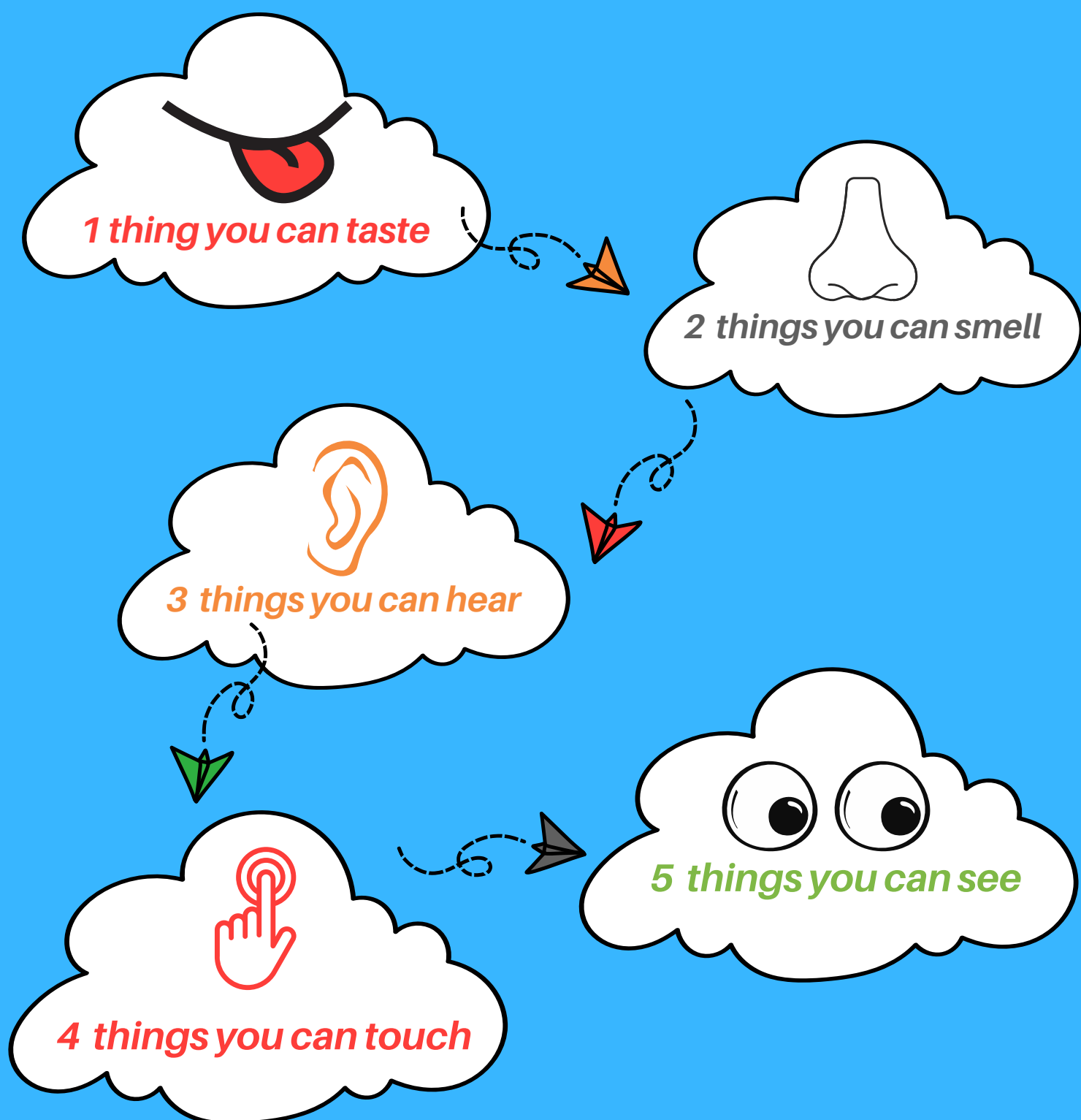
HE WOULD GET ANGRY REALLY QUICKLY, SOMETIMES SHOUT AND BANG THINGS OR HE WOULD GO SUPER QUIET AND WANT TO JUST BE LEFT ALONE.

MUM KNEW JUST WHAT WILLIAM NEEDED DURING THOSE MOMENTS AND ALWAYS MADE SURE THAT SHE WAS CLOSE BY.



MUM KNEW THAT SHE HAD TO BE THE CALM, SAFE PARENT FOR WILLIAM.

SOMETIMES MUM FOUND IT HELPFUL IF SHE ENCOURAGED HIM TO NOTICE THINGS AROUND HIM.



MUM MADE SURE THAT SHE WAS THERE FOR WILLIAM EVEN WHEN IT WAS HARD FOR HER, BECAUSE SHE DIDN'T LIKE SEEING HER BEAUTIFUL BOY SAD AND UPSET.



WHEN WILLIAM FELT CALM AND REGULATED, THEY WOULD TALK TOGETHER, TO HELP HIM UNDERSTAND SOME OF HIS BIG FEELINGS.

MUM WOULD MAKE SURE THAT SHE HAD LOTS OF CRUNCHY SNACKS, A THICK SMOOTHIE AND A WARM BLANKET TO SNUGGLE INTO.

MUM WANTED TO MAKE SURE THAT WILLIAM HAD A SAFE PERSON TO TALK WITH ABOUT HIS WORRIES, SO MUM SPOKE WITH HIS TEACHER ABOUT WILLIAMS EMOTIONS AND FEELINGS. HOW MUCH SHE FELT THAT HE WAS STRUGGLING.



HIS TEACHER WANTED TO MAKE SURE THAT WILLIAM FELT SAFE AS HE COULD AT SCHOOL, SO ORGANISED A SAFE SPACE THAT HE COULD GO TO IF HE FELT OVERWHELMED. WILLIAMS FAVOURITE TEACHER WOULD ALWAYS BE IN THE ROOM AT THE SAME TIME

IN THE ROOM, WILLIAM COULD START TO RELAX. THE LIGHTS WERE NOT TOO BRIGHT, THERE WAS A SOFT BLANKET, SOME CRUNCHY SNACKS AND A DRINK. WHEN WILLIAM FELT READY HIS FAVOURITE TEACHER WOULD RETURN HIM TO HIS CLASS. THIS HELPED TO CALM WILLIAM'S BODY RIGHT DOWN.

Calm

SOMETIMES, HIS FAVOURITE TEACHER WOULD TAKE WILLIAM OUTSIDE IN THE FIELD FOR A WALK. THIS HELPED TO CALM WILLIAMS BODY RIGHT DOWN.



OTHER TIMES HIS FAVOURITE TEACHER WOULD ASK HIM TO HELP HER MOVE BOOKS AND CHAIRS. THE LIFTING AND MOVING HELPED TO CALM WILLIAMS BODY RIGHT DOWN.

WHILST WILLIAM WAS AT SCHOOL ONE DAY, HIS LITTLE FRIEND BILLY MENTIONED THAT SHE HAD A WORRY MONSTER. WILLIAM WAS CURIOUS ABOUT THIS WORRY MONSTER, WHAT WAS THAT ALL ABOUT!

BILLY WAS ABLE TO SHOW A PICTURE OF HER WORRY MONSTER TO WILLIAM WHICH HER MUM HAD CLEVERLY PRINTED OFF AND PUT IN HER BAG.

BILLY TOLD WILLIAM THAT SHE HAD NAMED HER WORRY MONSTER SCRUFF BECAUSE SHE HAD A TUFT OF PINK HAIR THAT LOOKED LIKE IT HADN'T BEEN BRUSHED IN AGES...AND BILLY LIKED THIS.



WILLIAM WONDERED WITH BILLY HOW SCRUFF HELPED HER. BILLY EXPLAINED THAT SHE WOULD WRITE HER WORRIES DOWN ON A PIECE OF PAPER AND PLACE IT IN SCRUFF'S MOUTH AND IN THE MORNING THEY'D BE GONE...SCRUFF WOULD MAGICALLY EAT HER WORRIES WHILST SHE WAS ASLEEP.

WILLIAM WAS INTRIGUED, HE COULDN'T WAIT UNTIL THE END OF THE DAY TO SPEAK WITH HIS MUM.

WILLIAM WONDERED THAT IF HE HAD A WORRY MONSTER JUST LIKE BILLY'S, WOULD IT EAT HIS WORRIES.

THERE WAS NO TIME TO WASTE, WILLIAM HAD AN URGENT MISSION...TO GET A WORRY MONSTER.

MUM AND WILLIAM WENT SHOPPING, THERE WERE SO MANY TO CHOOSE FROM....WILLIAM HAD TO MAKE BIG CHOICES.

THERE WERE ONES WITH LOTS OF EYES, BIG TEETH, TAILS, SPOTS, LOTS OF FEET, NO LEGS, SKINNY LEGS AND ALL OTHER SORTS!



MUM WAS INITIALLY CAUTIOUS AND DIDN'T WANT WILLIAM TO FEEL DISAPPOINTED. SHE KNEW ALL TOO WELL, THAT HE HELD HIS WORRIES IN SOMETIMES.



MUM KNEW THAT SHE HAD TO BE THE SAFE, CALM PARENT AND BE RIGHT THERE FOR WILLIAM.

'WOW' WILLIAM SHOUTED, 'I'VE FOUND ONE MUM'.
WILLIAM TOLD MUM THAT HE LIKED THIS
PARTICULAR ONE BECAUSE IT WAS SOFT AND
FLUFFY, HAD LONG ARMS AND LEGS AND LOTS OF
TEETH TO EAT HIS WORRIES.



WILLIAM WAS EXCITED AND COULDN'T WAIT TO
TAKE HIS MONSTER HOME TO SEE HIS BEDROOM.

WILLIAM DECIDED TO NAME HIS WORRY
MONSTER MARVIN.

WILLIAM SHOWED MARVIN WHERE HE WOULD BE
SLEEPING. MUM EXPLAINED TO MARVIN THAT HE
HAD A VERY IMPORTANT JOB TO DO. SHE TOOK A
PICTURE OF HIM TO PRINT OFF FOR WILLIAM'S
SCHOOL BAG.

BEFORE BEDTIME, MUM PLACED A SMALL NOTE
PAD AND PEN ON WILLIAMS BEDSIDE TABLE.



MUM TOOK WILLIAM TO BED, READ HIM A STORY
AND TUCKED HIM IN BED ALL SNUGGLY.



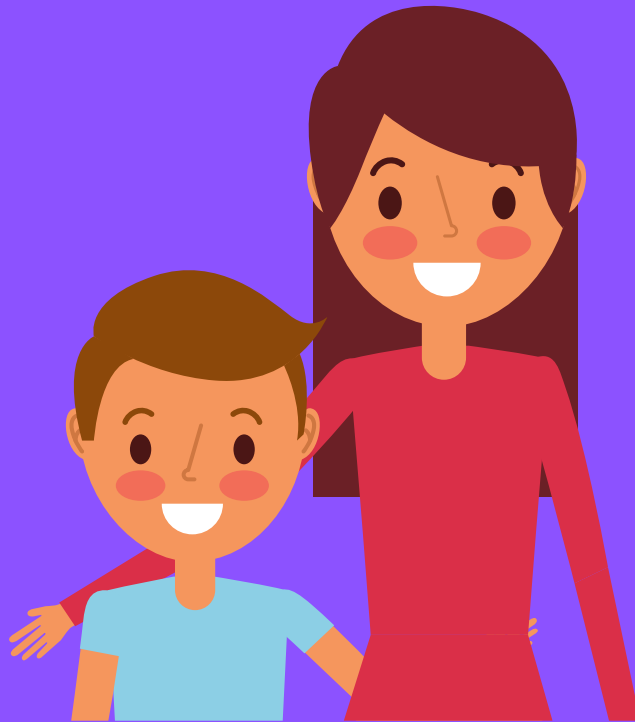
LATER MUM CHECKED IN ON WILLIAM AND MARVIN
WHO WERE BOTH SOUND ASLEEP. SHE NOTICED
THAT SOME PAPER HAD BEEN USED AND THE LID
WAS OFF THE PEN. MUM WAS REALLY CURIOUS.

IN THE MORNING, WILLIAM WOKE UP,
STRETCHED OUT HIS ARMS AND NOTICED
MARVIN COMFORTABLY LYING IN THE SAME
SPOT.

WILLIAM BEING A CURIOUS 7 YEAR OLD,
CHECKED TO SEE IF HIS WORRIES WERE STILL IN
MARVIN'S TUMMY...AND YOU KNOW WHAT...THEY
WEREN'T...THEY HAD ALL GONE!!

'MUM', SHOUTED WILLIAM, 'MARVIN HAS EATEN
MY WORRIES'. 'WOW WILLIAM SOUNDS LIKE HE
WAS SUPER BUSY LAST NIGHT'. 'I THINK HE MUST
HAVE BEEN MUM, BUT I DIDN'T HEAR ANYTHING'.
'YOU MUST HAVE BEEN SOUND ASLEEP WILLIAM'.

MUM NOTICED THAT WILLIAM SEEMED MORE SETTLED IN HIMSELF THAN USUAL. MUM WAS CURIOUS WITH WILLIAM.



'I CAN SEE WILLIAM THAT YOU SEEM REALLY HAPPY THAT MARVIN ATE YOUR WORRIES. I WONDER IF YOU WOULD HELP ME UNDERSTAND YOUR WORRIES SOME MORE TOO WILLIAM? I CAN UNDERSTAND WHY IT'S HARD TO TALK ABOUT YOUR WORRIES BECAUSE IT CAN MAKE US FEEL LOTS OF DIFFERENT EMOTIONS AND THAT CAN FEEL SCARY.'

BEFORE SETTING OFF FOR SCHOOL, WILLIAM
PLACED THE PICTURE VERY CAREFULLY IN HIS BAG.
THIS WAS ANOTHER BIG JOB FOR WILLIAM. WILLIAM
WAS EXCITED TO SEE BILLY.



AS TIME PASSED BY, MUM NOTICED THAT ALTHOUGH WILLIAM WASN'T USING MARVIN AS MUCH, HE STILL HAD HIS TRUSTED SIDEKICK WITH HIM IN BED FOR SNUGGLES.

WILLIAM HAD FOUND A FRIEND IN BILLY TOO AND THEY LIKED THE SAME THINGS, ASWELL AS THEIR WONDERFUL WORRY MONSTERS. BEST OF ALL WHILST THEY WERE TOGETHER, THEY SHARED AND HELPED EACH OTHER OUT. WILLIAM AND BILLY'S MUMS FITTED REGULAR PLAYDATES IN.

MUM NOTICED THAT WILLIAM BEGAN TO TALK MORE ABOUT ANY WORRIES HE HAD. SHE NOTICED THAT HE SEEMED HAPPIER.

I WONDER... WHERE DO YOUR
WORRIES GO?



THIS BOOKLET IS INTENDED TO ENCOURAGE CHILDREN TO TALK ABOUT THEIR WORRIES. IT IS NOT INTENDED AS A REPLACEMENT FOR ANY THERAPUTIC INTERVENTION/SUPPORT.



AIM IS TO SUPPORT CHILDREN TO IDENTIFY FEELINGS AND EMOTIONS. YOU CAN USE INCONJUNCTION WITH THE 'MONSTER EMOTIONS' CARDS AND OF COURSE YOUR CHILD'S VERY OWN WORRY MONSTER.