

The Worry Monster's Day Off

A Companion Resource for Families, Educators, and Counselors

By Rhaquel P. Williams

Inspired by the characters and themes from *The Worry Monster's Day Off*

For more resources, printable calm-down toolboxes, and creative activities featuring Maya and Barnaby, visit bluejaylearningpress.com.



Barnaby's Worry Scale

Sometimes it is hard to find the right words to explain how big a worry feels. Use this scale to check in with your own Worry Monster.

Directions: Look at what Barnaby is doing below. Color in the box that matches how you feel right now, and then choose a coping strategy from your toolbox!

★ **BARNABY'S WORRY SCALE** ★

★ ⤵ How big is your worry monster right now? ⤵ ★

			WHAT I CAN DO
1 BARNABY IS SLEEPING 		LEVEL 1: CALM I feel calm, happy, and in control. ♥	 Keep doing what I'm doing.  Enjoy the calm!
2 BARNABY IS STRETCHING 		LEVEL 2: A LITTLE WORRIED My worry monster is waking up. I feel a little nervous or uneasy. ♥	 Take a few deep breaths.  Draw or write about it.  Talk to someone.
3 BARNABY IS AWAKE 		LEVEL 3: WORRIED My worry monster is awake and paying attention. I feel nervous and my body might feel tense. ♥	 Try belly breathing or count to 10.  Take a break or have a drink of water.  Read or do something that helps me relax.
4 BARNABY IS JUMPING AROUND 		LEVEL 4: VERY WORRIED My worry monster is really big now! I feel overwhelmed and it's hard to think clearly. ♥	 Use a calming tool (stress ball, fidget, or coloring).  Move my body.  Ask for help.
5 BARNABY IS TAKING OVER! 		LEVEL 5: BIG ANXIETY My worry monster feels out of control! I feel panicked and everything feels too much. ♥	 Stop. Take slow, deep breaths.  Tell a trusted adult right away.  Find a safe, calm space.

★ I can handle my worries. I'm stronger than I think! ♥ ★

Notice where you are on the scale. Choose a strategy that can help!

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This resource is for educational purposes and does not replace professional medical or psychological advice.

★ BARNABY'S WORRY SCALE ★



≧ How big is your worry monster right now? ≦



WHAT I CAN DO

1

BARNABY IS SLEEPING



LEVEL 1: CALM

I feel calm, happy, and in control.



Keep doing what I'm doing.



Enjoy the calm!

2

BARNABY IS STRETCHING



LEVEL 2: A LITTLE WORRIED

My worry monster is waking up. I feel a little nervous or uneasy.



Take a few deep breaths.



Draw or write about it.



Talk to someone.

3

BARNABY IS AWAKE



LEVEL 3: WORRIED

My worry monster is awake and paying attention. I feel nervous and my body might feel tense.



Try belly breathing or count to 10.



Take a break or have a drink of water.



Read or do something that helps me relax.

4

BARNABY IS JUMPING AROUND



LEVEL 4: VERY WORRIED

My worry monster is really big now! I feel overwhelmed and it's hard to think clearly.



Use a calming tool (stress ball, fidget, or coloring).



Move my body.



Ask for help.

5

BARNABY IS TAKING OVER!



LEVEL 5: BIG ANXIETY

My worry monster feels out of control! I feel panicked and everything feels too much.



Stop. Take slow, deep breaths.



Tell a trusted adult right away.



Find a safe, calm space.



I can handle my worries. I'm stronger than I think! ♥



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