



# Speech Language Pathology Collection

Welcome to the CNRL SLP Collection – an ever-growing resource of especially chosen books and activities to support early speech and language development.

## **Go Away, Worry Monster! – 4-7 years**

**Before Reading:** Show your child the title and author's and illustrator's names. Who are the characters on the cover and how do they feel?

### **During Reading:**

- What are the things Archie is worried about?
- How do the illustrations show Archie is worried? How do the words of the story show Archie is worried?
- How does Worry Monster change during the book? Show your child how he gets larger, then smaller again.
- Archie's dog, teddy and owl light all help Archie feel better and stand-up to Worry Monster – show your child how they do this through the illustrations.

### **After reading:**

- How do you know when you are worried? Talk about how it feels in your child's body.
- Archie helped feel better by following the steps his mother showed him – belly breaths and thinking about the facts. Help your child practice belly breathing.
- Think about some things your child might be worried about, and some facts about it, just like Archie.
- Draw your own Worry Monster, and some helpers for your child like Archie's teddy, dog and night-light.

### **You might also like to read:**

- Don't Worry, Felix
- When the Stars Come Out
- Be Strong
- Sid & Sam
- A Place for Feelings
- My Body, My Brain