

# Kiki the Worry Monster

Helps Ivory with her worries





Avory is 10 years old and is having lots of trouble with her worries.

Once there was a girl called Avory, who had lots of trouble with worrying. She worried about all kinds of things like failing a test, crossing the road and getting told off.

One day, Ivory found some magical fairy glitter that fell out of a book. She went to her back garden and through the secret pathway to the magic wishing well.

Magical Fairy Glitter



She sprinkled the magical fairy glitter into the stunning well and made a wish!



I wish I would  
stop worrying as  
much

All of a sudden a weird, colourful monster popped out of the wishing well and said “Hello, my name is Kiki and I know someone who can help you with your worries”

Avory stumbled backwards in shock at the sight of Kiki. Kiki hopped out onto the floor and said “Come with me and bring your Mum Donnie”



Kiki is 999years old. She is a worry monster that only Avory can see. She is very helpful.



When they are back in Avory's house, Donnie asked Avory if she is alright because she can see that she is in shock. Avory asked her Mum "Can't you see this bright colourful monster?"

Donnie replies "I can't see anything sweetheart."





Kiki then explained to Avory  
“Only you can see me Avory but you  
need to tell your Mum that there is a lady who  
can help you with your worries. Her name is Lu-  
cy and she sent me to you through the magic  
wishing well.

A vory told her Mum that she knew someone to help with her worries. She gave Donnie the address and they are on the way to see Lucy.





**A**vory, Donnie and Kiki arrive at the Blossom Moonglow centre to meet Lucy. Kiki hops onto the table and all of a sudden Donnie can see her and says “OO how did that get there?”

Lucy replies “This is Kiki one of my special and colourful workers. I sent him to Avory when she made her wish”

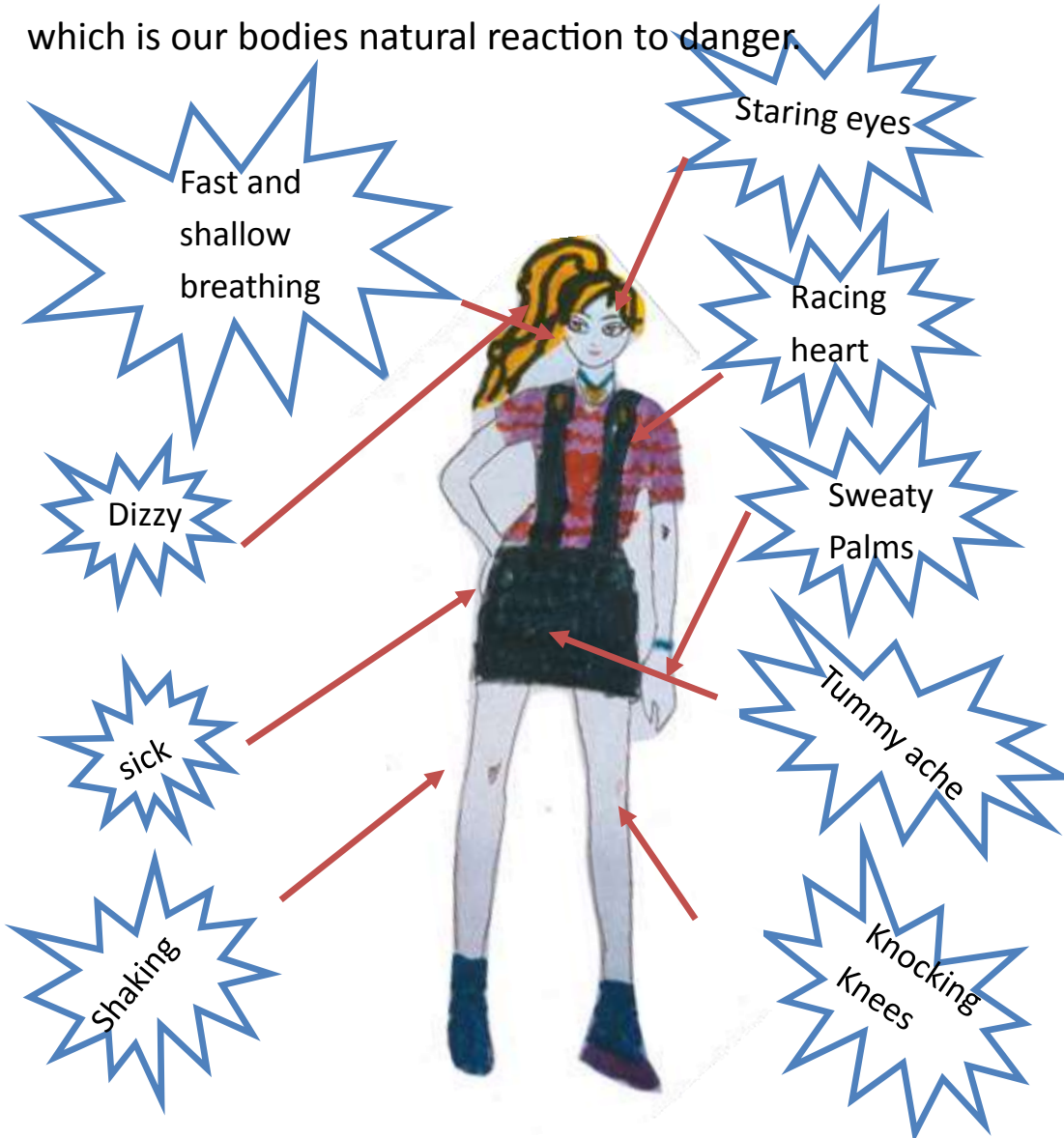


**Lucy is 32 years old.  
She is from Healthy  
Minds Lincolnshire  
and is kind and caring  
to others**

Lucy, Donnie and Avory talked about Avory's worries and made a plan about how Lucy could help. Avory said "I really like writing books" to which Lucy replied with excitement "Lets write a book in our sessions!"



Avory and Lucy meet at Avory's school. They talked about how your body feels when you are worried. Lucy explained to Avory that we feel these physical symptoms because of the Fight Flight and freeze response, which is our bodies natural reaction to danger.



In the next session Avory and Lucy talked about the worry tree and sorted some worries into Hypothetical and Practical piles.

Lucy explained that a Hypothetical worry is a worry that is about the future and a Practical worry is a worry we can solve.

Hypothetical worries

*What if I get hit crossing the road?*

*What if I fail at a test?*

*What if I get told off?*

Practical worries

*I told my Mum I would tidy my room and I haven't done it yet.*

*I haven't done my homework and I don't know where to start .*

They talked about worry time. Which is a time of the day that you can be with a trusted grown up and talk about your worries. Lucy explained that this is a really good way to deal with Avory's Hypothetical worries. Avory decided that she would always distract herself afterwards with something fun and worry time shouldn't happen





Kiki said to Avory

“Now that I am your worry monster, you can feed me your worries at worry time and I will make sure they are gone by morning”

Avory thought this was fantastic and she and Donnie started having worry time every day.

Avory found that talking about her worries really helped to keep them under control.

### Worry time steps

- 1) Plan when you will have worry time
- 2) Write your worries down throughout the day
- 3) Distract yourself after you've written your worry down
- 4) Have Worry Time



When Avory and Lucy met the next week they, talked about how Avory could solve her practical worries. To do this Avory learnt the 7 steps to problem solving.



Step 1) Identify the problem



Step 2) think of all the possible solutions



Step 3) What is good and bad about each solution.



Step 4) Pick the best solution



Step 5) make a plan!



Step 6) DO IT!



Step 7) Review it

Lucy showed Avory how to make a Soothe box. She explained that everybody's soothe boxes are different and the idea is that we keep lots of things in them that can help us when we feel we need it. They started by choosing one thing for each of the 5 senses.



# BLOSSOM MOONGLOW



Avory had now learnt how to manage her worries and was starting to feel much better after all of Donnie, Kiki and Lucy's help.

Thanks to all of the people at Blossom Moonglow centre now Avory hasn't got as many worries as she did when she was worrying.



My name is Avory and Thank You for reading my book.



# TOP TIPS

Whenever you feel worried, scared or anxious remember to take a deep breath, in through your nose and out through your mouth.

Mindfulness is a great way to relax

Sharing your worries helps to keep them under control

