

MASTER YOUR MONSTERS DIARY

Please do not share this resource but direct people to the website where they can purchase their own copy.

This diary can be printed in two ways. The anxiety diary has two different sheets to use depending on the age and maturity of the child. Also some children prefer visual prompts.

I have included some Mindfulness patterns but there are loads of free ones on the website if you want some more. You can find them on this link:

[Mindfulness patterns](#)

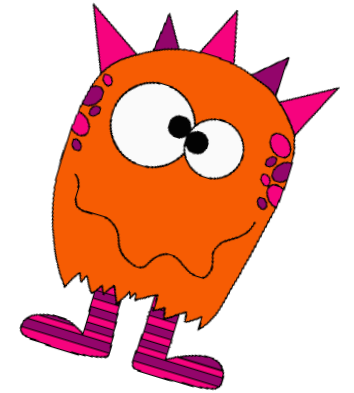
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[Preschool for Pirates and Princesses](#)

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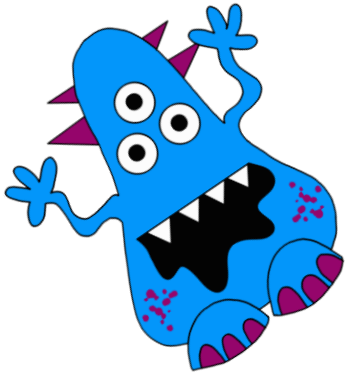


MASTER

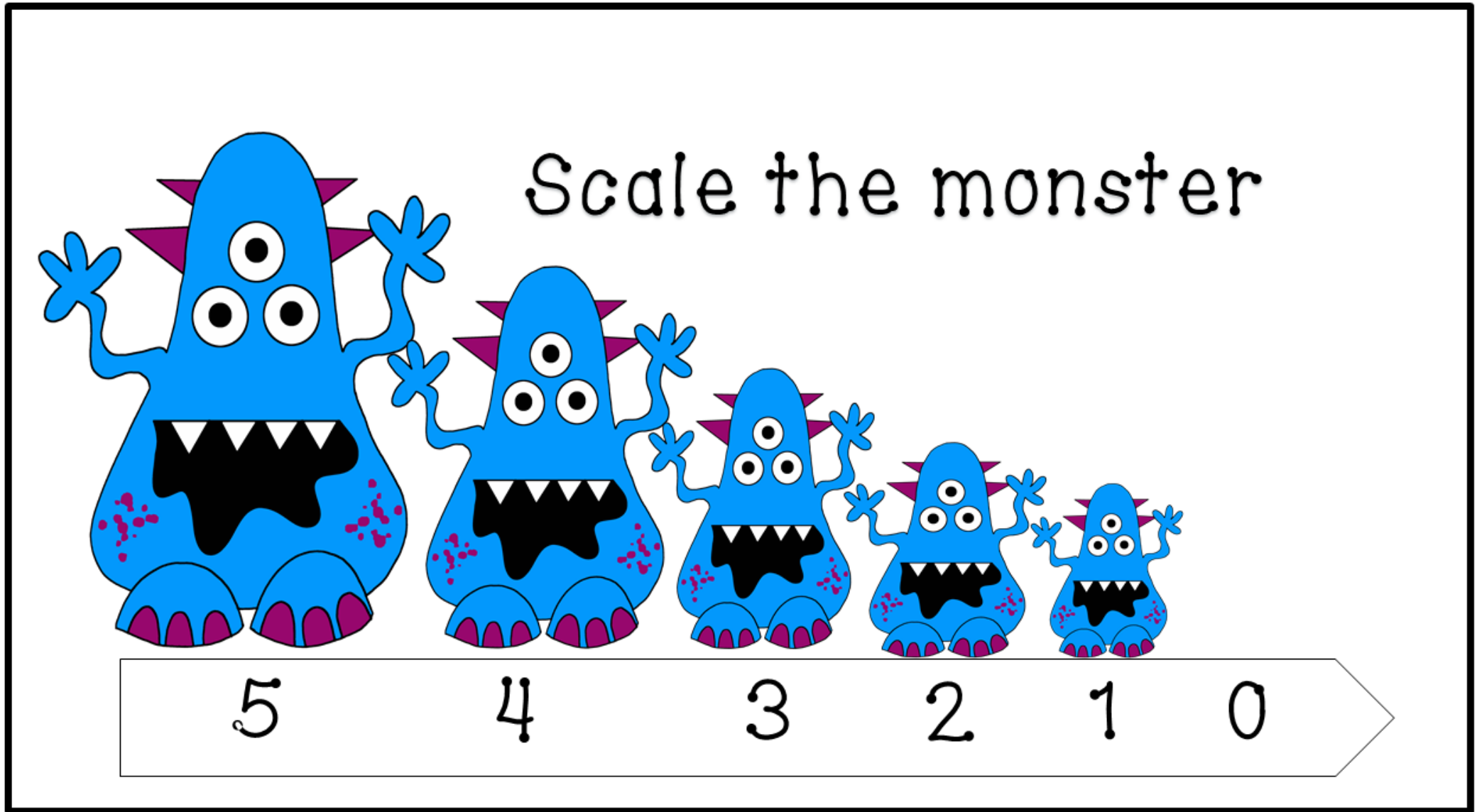


YOUR

MONSTERS DIARY



Use this MONSTER scale to give your worry a number



My Diary

Time and Date	What happened to make me feel anxious?	SCALE the monster 0-5	ANTS What are my automatic negative thoughts?	Physical symptoms in my body	Calming strategy	SCALE the monster 0-5

Your Diary

Write the date and time here



1.

What happened to make me feel anxious?

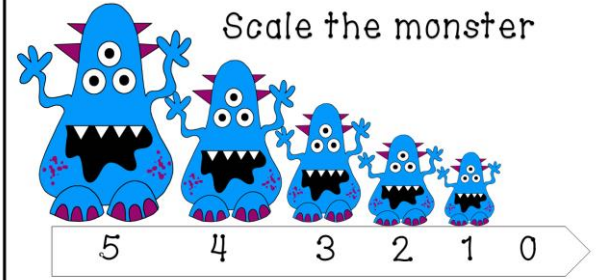
Empty speech bubble for writing the answer to question 1.

2.

Scale the monster 0-5

Draw a circle around the number

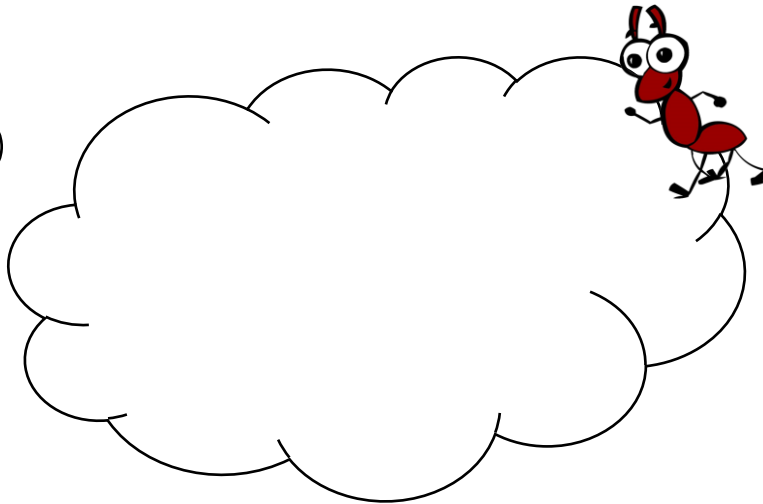
Scale the monster



5 4 3 2 1 0

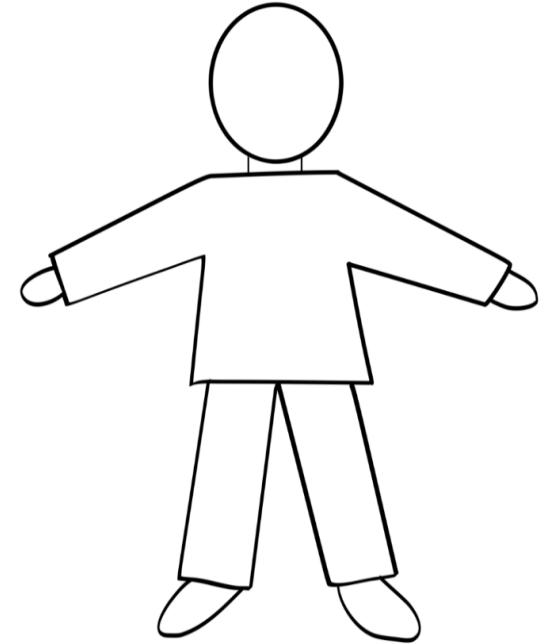
3.

What are my ANTS? Automatic Negative Thoughts?



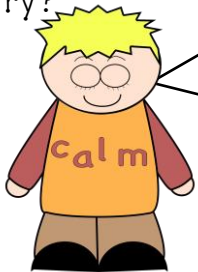
4.

What physical symptoms do I have?



5.

What calming strategy did I try?



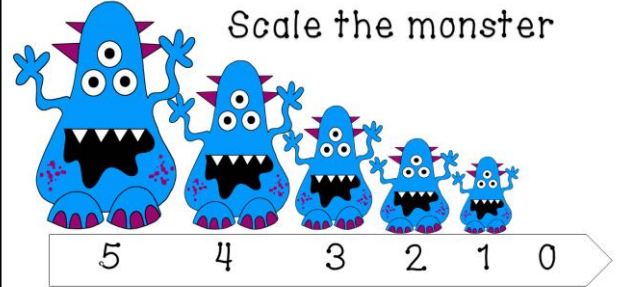
Empty speech bubble for writing the answer to question 5.

6.

Scale the monster 0-5 after I tried my calming strategy

Draw a circle around the number

Scale the monster



5 4 3 2 1 0

CALMING STRATEGIES LIST

Write a list of the strategies I will use. *Look in your workbook to remind yourself. Choose 3 to start with.*

1.

2.

3.

Some colouring sheets I can try

Colouring patterns can make you feel very relaxed. Give it a go!

