The Bolton & Farnworth C of E Primary Multi Academy Trust
Together With God

Activity 15

Worry Monster Prayers

Spiritual Development: Prayer Exploration

To use prayer to support emotional development and manage worries.

You will need – Some worry monsters, worry monster templates, selection of felt tips and pencils.

Activity – We used worry monsters to talk to God about any worries we have, or anything that has upset us. Take one of the worry monsters and one of the worry monster prayer templates. Sit quietly and write all your worries and anxieties down. As you put your worry prayer into the worry monster's mouth to eat, thank God for taking care of your worries and fears and for giving you strength, courage and love.