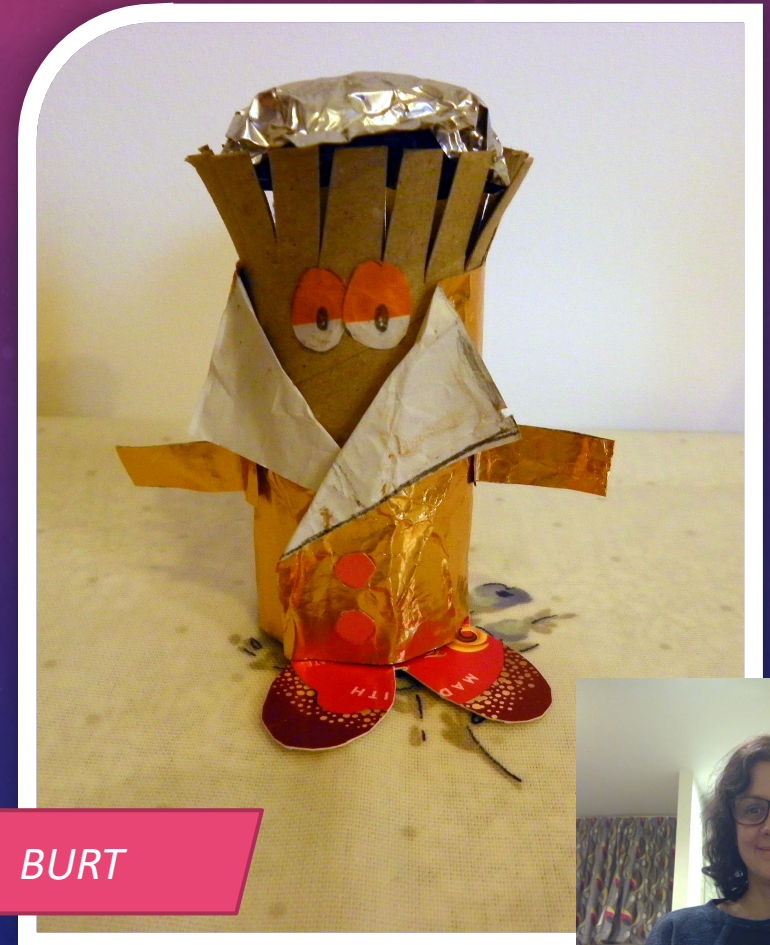


HOW TO MAKE A WORRY MONSTER
USING YOUR RECYCLING ...



RUTH'S RECYCLING



BURT



1. MATERIALS



EMPTY OUT YOUR RECYCLING SACK AND SEE WHAT YOU CAN FIND.
USE WHAT YOU HAVE AT HOME – BE CREATIVE!
YOU CAN MAKE YOUR OWN GLUE OUT OF FLOUR AND WATER OR BOILED RICE AND WATER!



2. THE HAIR



MEASURE $\frac{1}{2}$ A THUMB WIDTH DOWN THE TOILET ROLL.
USE YOUR SCISSORS TO CUT SMALL STRIPS ('FRONDS')
ROUND THE TOP.



3. THE FEET



USING YOUR RECYCLED CARD DRAW AROUND THE BASE. DRAW TWO EARS FOR FEET. CUT IT OUT AND USE SELLOTAPE TO STICK IT.



4. THE JACKET



USING YOUR CHOCOLATE FOIL (OR TIN FOIL, OR MATERIAL SCRAPS)
CAREFULLY ROLL IT AROUND AND MEASURE THE HEIGHT AND
LENGTH. FOLD BACK THE TOP CORNERS TO MAKE A COLLAR.
STICK IT ON.



5. THE EYES, BUTTONS AND ARMS



USING YOUR RECYCLED PAPER BAGS OR BOXES CREATE EYES, BUTTONS & OTHER ACCESSORIES! CUT STRIPS OF LEFT OVER FOIL AND FOLD BACK THE ENDS TO MAKE ARMS. CAN YOU MAKE HANDS TOO? A BELT?



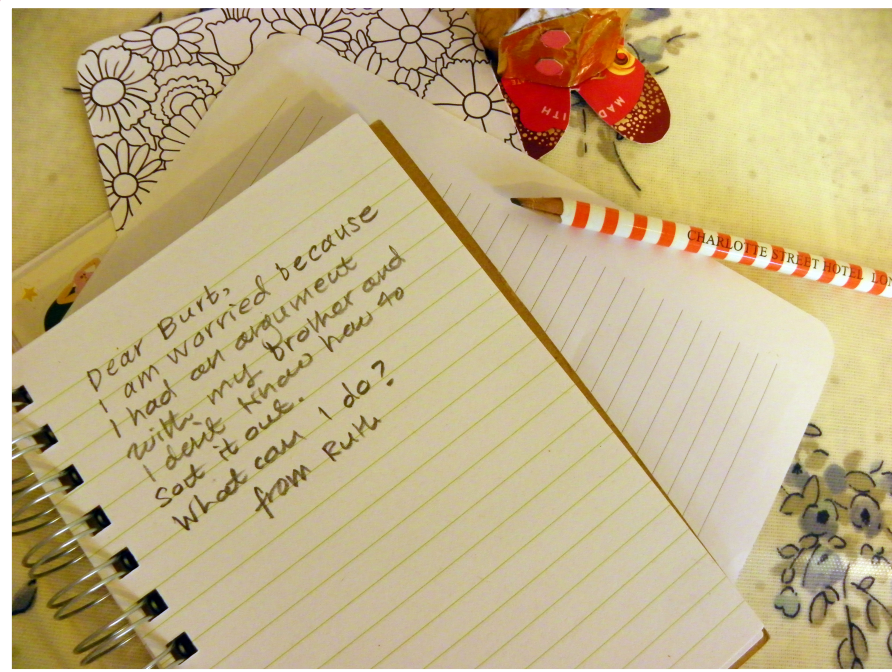
6. THE HAT



MAKE A HAT OUT OF A SMALL FOIL PIE DISH.
MEASURE IT FIRST BEFORE YOU CUT. IT.
SHAPE INTO A CAP.
THINK : CAN YOU MAKE A DIFFERENT STYLE
HAT OUT OF DIFFERENT MATERIALS?
E.G MILK BOTTLE LID, CARD, A PAINTED
PLASTIC CONTAINER?



7. WORRIES : ITS GOOD TO TALK!



YOUR WORRY MONSTER IS READY TO USE!
FIRST GIVE HE OR SHE A NAME.
WRITE DOWN YOUR WORRY, ROLL IT UP AND
PUT IT INSIDE UNDER THE HAT.....



HELLO
BURT!

...DON'T KEEP IT UNDER YOUR HAT!
WHO DO YOU TRUST IN YOUR FAMILY TO
SHARE YOUR WORRIES?
WHEN YOU FEEL CALM TAKE YOUR
WORRY MONSTER AND ASK TO SHARE IT
WITH THEM.

SEND PHOTOS/VIDEOS OF WHAT
YOU
HAVE MADE TO:
admin@benjonson.towerhamlets.org
SUBJECT: FOR RUTH AND SH

