

# WORRY MONSTERS SUPPORTING BODY IMAGE

Pattern kindly donated by Colette

These monsters are designed to help youngsters who have problems and worries surrounding their body image. This can be a very serious issue even for quite young children. Research suggests that children as young as 3 years old can have body image worries. This problem can be complex and range from mild to very severe body hatred, and can be linked to lack of self-esteem, depression and eating disorders.

**Please knit 2 monsters, to be used in therapy as a pair**

Please use the same colours/design for each monster. One will be very thin, the other quite a bit larger. You can use your own colour scheme and make the hair and features in your own way – please feel free to be creative, whilst sticking to the basic patterns and sizes.



### **What you'll need:**

Chunky and DK yarn in your own choice of colours

6mm and 4mm needles

CE or BS labelled toy stuffing which says it's suitable for toys on the packaging

### **PATTERN**

Chunky yarn

(fat) Cast on 40 stitches on size 6mm needles

(thin) Cast on 20 stitches

Work 30 rows in a stitch or design of your choosing

Change to light colour for face and work a further 10 rows

Change again for hair and work further 8 rows.

Finish in own design - see website for ideas, cast off

### **Pocket for the worries, also makes the mouth**

Double knit yarn

(fat) cast on 25 stitches on size 4mm needles

(thin) cast on 15 stitches

work 20 rows in stocking stitch, cast off

Attach pocket/mouth between the arms just under where you changed to the light colour for the face. Sew sides and bottom edge of your pocket piece to the front of the monster, leaving the top edge open for the mouth (For these the pocket is on the outside of the monsters.)

Sew monster together making a seam at the back, leaving bottom edges open.

Stuff the monsters using toy approved, CE or BS labelled toy stuffing - safety regulations require us not to use any other materials for stuffing.

Please now add **arms and legs, eyes, nose, ears and hair** to these monsters. Plenty of ideas for all of the following additions are contained in the "Basic Worry Monster Pattern" which can be found on the website on the "Patterns for Worry Monsters" page.

**Make legs and arms**, whatever size you choose for the (fat) one, half the stitches for the (thin) one

**Make eyes, nose, ears and hair**

**Please ensure that anything attached to the monster eg. hair/eyes/nose is very securely fastened on so that a child could not pull it free. See general safety rules on the website.**