



Make a worry box

Have you got any worries that just won't go away?
This special box can help you put your worries aside
so you can get on with your day.

1 Write a label for your box.

2 Cut it out and stick it on your box with glue or tape. Ask an adult for help when using scissors.

3 Decorate your box with paints, stickers or anything else you can find.

4 When you have a worry, write it or draw it on a piece of paper.

5 Put the paper in the box and as you do it say, "I'm putting that worry away."

You will need

- an empty shoe box
- glue or sticky tape
- paints and decorations
- paper and pencil



Campbell
Books

NOTE FOR PARENTS AND CARERS

Choose a quiet time to open up the worry box with children and look at what is inside. Ask if they are still worried. Talk about why they are worried, then put the 'worry' back in the box if you can't solve it completely. If the worry has gone away, they can rip up the piece of paper.

Adapted from: *Little Big Feelings: Sometimes I am Worried*

