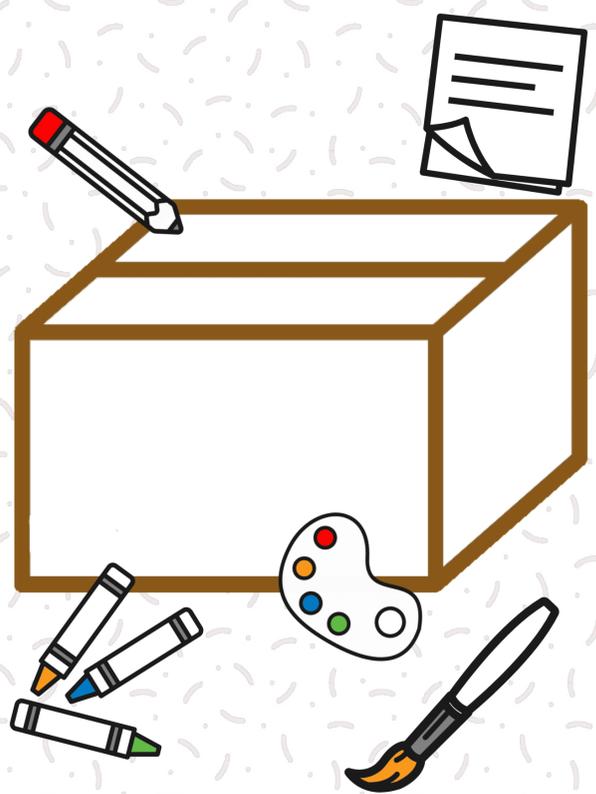


# Worry Box

For ages 4 - 11

## Things you will need:

- Any size box, ideally no bigger than a shoebox.  
(You could try to recycle something from around the house)
- Coloured pens, pencils or paint.
- Spare wrapping paper, coloured paper or old magazines.
- A writing pen or pencil.
- Some paper - small notepad or post-it notes work well.



## How to make a worry box:

- Let your child decorate their worry box however they want!
- Include things that make it special for them, drawing or sticking on pictures of their favourite things is a good way to do this.
- Find somewhere in the house to keep the Worry Box so that it is safe and your child can access it at any time.
- Keep paper inside the Worry Box with a pen, so that it's ready to use at any time.

# Worry Box

Children can find it hard to cope with worries, anxiety and stress on their own. They sometimes need help to make sense of their big feelings.

The Worry Box helps children put their worries in a special place so they don't have to think about them all at once or all the time. It can help them to sleep at night and help them to concentrate better in the day.



## Explaining the Worry Box:

When you are making the Worry Box explain to your child that this is a special box where they can keep their worries. Let them know that no worry is too big or too small to go in the worry box, they can choose what goes in and when they come out. There is no time limit for worries in the Worry Box..

If you use a Worry Box, your child will have a chance to tell you what's worrying them and to put those worried feelings away until they are ready to think about them more. Young children sometimes feel better when a grown up takes their worries away from them for a while. Making a Worry Box will gives your child a chance at feeling in control of their thoughts and feelings, and helps them talk with you.

## Using the Worry Box:

- Find time when you and your child can talk about their worries from the day.
- Once they've told you about a worry encourage them to write it down and place it in the box.
- Allow your child to place each worry in the box before they write the next one down.
- Remind them that once their worry is in the box it can stay in there for as long as they want.
- Once they have finished putting their worries in the box they can take it back to its safe place, knowing that all of their worries are contained and they don't have to think about them now they are in the box.

Whenever they feel ready they can take a worry out of the box and talk about it some more. If it stops being a worry, then your child can take it out of the box and throw it away. This reinforces the feeling of it ending, as well as the message that they can take control of their worries.