

# WORRY BOX

We all have things we worry about. When you are worried, you may have trouble thinking about or doing things you want and need to do.

You can write down worries and put them in a worry box. This won't make your worries go away, but it can help them feel a little smaller and lighter. You might want to talk about the worries in your worry box with a grown-up.

## You will need:

- an empty box or container (You could use an old tissue box, shoe box, shipping box, a jar or food container.)
- paper
- scissors
- any craft supplies you have like:
  - » markers, crayons or colored pencils
  - » paint and paint brushes
  - » stickers
  - » wrapping paper or tissue paper
  - » tape, glue or stapler

## Directions:



1. Pick out the box or container you will use for your worry box.



2. Use scissors to cut a small opening in the top of your container, unless it already has one.



3. Decorate your worry box!



4. Find a special place to keep your worry box.



5. When you feel worried, write down or draw a picture of your worry.



6. Put your worry in the box.

### Here are some ideas:

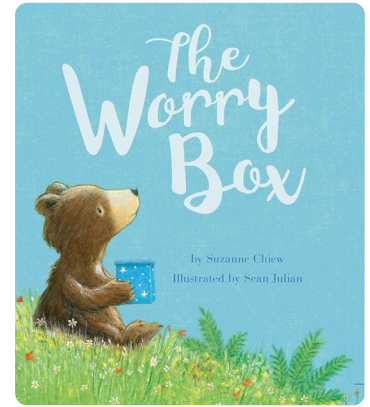
- Make it look like a monster.
- Write your name on it, so it says "\_\_\_\_'s Worry Box."
- Draw different feeling faces, like happy, sad, angry or worried faces.
- Draw your favorite movie, book or TV show characters.

### Examples of things to write:

- "I'm worried about my sibling getting better."
- "I'm worried about getting to the hospital."
- "I'm worried about my parents being away for so long."
- "I'm worried about all the changes in my family."

### Parent Tips:

- Read the book *The Worry Box* by Suzanne Chiew & Sean Julian to explain why and how to use the worry box.
  - » The story follows a little bear that is feeling worried about going on an adventure with his friends. The bear's sister encourages him to make and use a worry box to write down his worries.
  - » You can watch a read-aloud of the book [here](#).
  - » This book can also be checked out at many local public libraries.
- Check in regularly with your child about their worry box and if they want to talk about any worries.
- Remind your child that they can write or draw a worry to add to their worry box any time you notice they seem worried.



Scan this QR code or visit [cmkc.link/worry-box](https://cmkc.link/worry-box) to see a video tutorial for this activity.