

WORRY BOX

WHAT IS A WORRY BOX?

A worry box is a useful container we can use to hold our worries. It draws on the idea of identifying our anxieties, acknowledging them, and storing them in a safe place.

The box helps symbolize that worries are simply thoughts from which we can separate ourselves .

HOW CAN I MAKE A WORRY BOX?

Involve your students in creating their worry box; this helps them to take ownership of the box.

Any box or jar can be used as the container. Students can decorate the box in any way they like. They may wish to add a label to name their box, for example, "My Worry Box."

For younger students, you could print out picture cards that they can write their worries on or use balloons to "help their worries float away."

HOW DO I USE A WORRY BOX?

1. Worry boxes can be used in the classroom, individually, or at home!
2. Ask students to write down their worries on strips of paper and place them into the worry box.
3. Set aside time during the day to discuss their worries. Explore whether each worry is still a source of anxiety.
4. If a worry is still a source of anxiety, focus on using problem-solving skills to resolve the worry.
5. If the student no longer feels it is a worry, discuss ripping it up or placing it into the trash can. If the worry still exists, place it back into the box.

