

Worry Jar

You will need



Your child may worry about different things: Health, school, friends, family and more. They might ask you about their worries.

A Worry Jar is a place for your child to put their worries to stop them thinking about them.

Find a jar or any container - you could decorate it. If you can't make a worry jar, then you can write or draw on the picture below.

Help your child write their worries on pieces of paper. Fold them up and put them in the jar, close the jar.

Plan 'Worry Time' if the child has written worries. Choose 10-15 minutes a day (but not right before bed). When worry time starts, they open the worry jar, look inside and worry as much as they want. They can read all the worries or focus on one or two. Have a timer to show that worry time is over. Close the jar to put their worries away.

By using the worry jar your child will probably tell you that they've stopped worrying about something they had put in the jar. Enjoy these times together. Ask your child to rip up the worry.

