



You will need



Your child may be worrying about a lot of things right now. 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 so they don't have to think about them all the time.

Find a jar or any container, and decorate it if you like. If you haven't got a spare jar, you can write or draw on the picture on the following page.

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

Choose 10-15 minutes a day (but not right before bed) for 'Worry Time'. Children can 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.

At some point, your child may tell you that they've stopped worrying about something they've put in the jar, and they can tear up that worry and throw it away. Enjoy these times together!

Remember to discuss coping strategies with your child for the worries using the Golden Rules. You can use the 'Ways to Feel Better' sheet for ideas.

Golden Rules for Choosing a Good Solution

It makes me feel better



It doesn't hurt me or anyone else





My Worry Jar

Don't fill your head with worries, fill the jar instead