

# ★ ★ My Worry Jar ★ ★

Contain all your worries in your very own Worry Jar! Whenever you feel stressed or worried, write your worries on a piece of paper and place it inside your Worry Jar. Pick a time during the week to discuss your worries with a parent, guardian or teacher.

## You will need:

- An empty, clean jar
- Materials to decorate your jar with, such as stickers, tissue paper, paint, ribbons, pom-poms, etc.
- Small pieces of coloured paper to write your worries on to.
- Glue



## Instructions

1. Take your empty jar and decorate it with anything you like. Make it bright and colourful! You could use stickers, tissue paper, pom-poms or ribbons. You could even paint it!
2. You can label your jar, 'My Worry Jar.'
3. Each time you feel worried about something, write it on a piece of paper and place it inside your Worry Jar.
4. Pick a day every week or month to discuss your worries with a parent, guardian or teacher.
5. If you are no longer worried about something that you've put in the jar, you can take that worry out of your jar and treat yourself for being super brave!