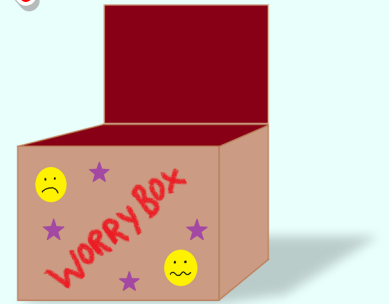


How to MAKE a Worry Box

1. Find any **box**. (This could be an old cereal box, for example).
2. Colour or **decorate** it any way you wish.
3. Write '**WORRY BOX**' on the box.



How to USE a Worry Box

1. Decide a time when you will have '**worry time**'. This should be a short amount of time when you may think about your worries or talk about them with a grown-up.

(You could say for 10 minutes before breakfast, or for 10 minutes after dinner, for example.)



2. Any time you have a worry, **write it down** on a piece of paper.
3. Put this paper in the box.
4. Try not to look at or think about your worries when it is not your **worry time**, **save them for later!** In the meantime you can **distract** yourself with other activities.



This will help you to relax and not think about your worries all of the time.