

We all have worries sometimes. We might worry about our families, about school or about all sorts of other things.

Writing our worries down can help us feel better. Why not write your worries in a worry jar?



How to make your worry jar

1. First, find a jar or another container with a lid. You can decorate it, if you like. (If you don't have a container, you can write your worries on the jar shape on the next page.)
2. Next, write each of your worries on a slip of paper and place them in the jar.
3. Now put the lid on and forget about them for a while!

How to use your worry jar

1. Decide on a special time each day or week when you will open your worry jar and read your worries. You can do this on your own or with someone you trust. This is the only time you are allowed to worry!
2. Once your worrying time is up, put the lid on the jar and put it away until next time. No more worrying until then!
3. If you have a new worry before your next worry time, then just write it down and put it in the jar to worry about later.

How to make your worries disappear

1. When you read your worries, ask yourself whether any of them have gone away. If so, tear up the paper and throw it in the recycling!
2. Think about what you did to make the worry go away. Could you do this with your other worries?

If you don't want worrying time every day, great! Just have it when you need it.

Remember, it is normal to worry sometimes. Just make sure your worries don't take over.

