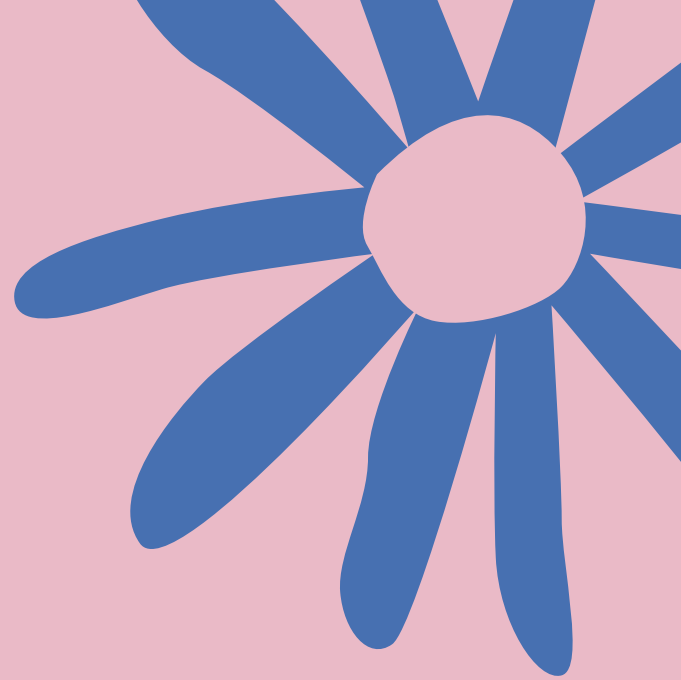




Making a Worry Box

For anxious children



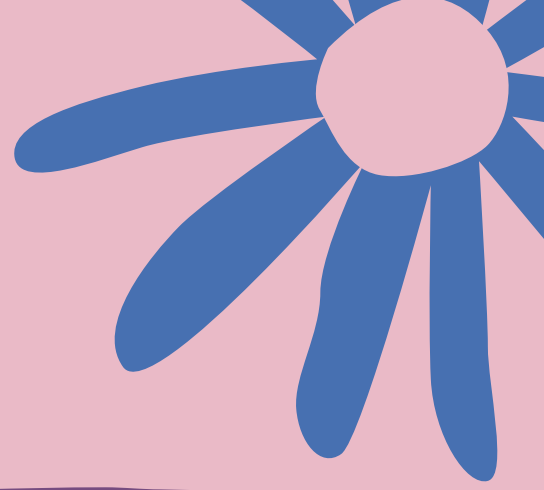
During lockdown in March 2020 we have seen many young people become anxious or regress in their behaviours - for instance coming into your bed again, separation anxiety or behaviour in general.

Some anxious children can benefit from having a 'worry eater' or 'worry monster'.

Equally you can help them to make a worry box at home.

The child utilises these by drawing or writing their worry on a note and popping it into the monster, eater or worry box. On the basis that the worry is no longer theirs.

This can also be a valuable part of the bedtime routine for children who struggle to get to sleep.



MAKING A WORRY BOX

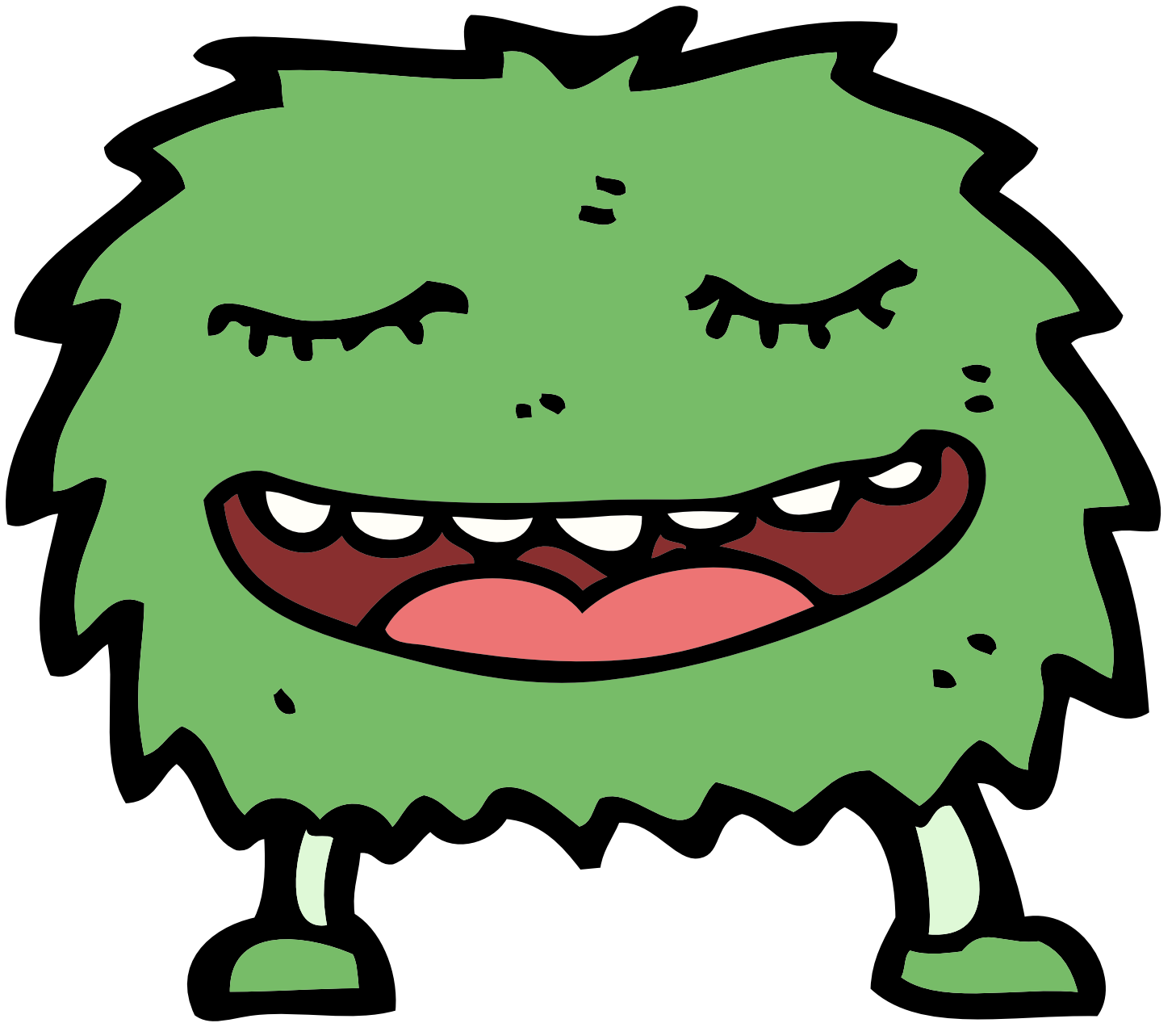
**a box - it will need a lid you can make a slot in,
just like a post box.**

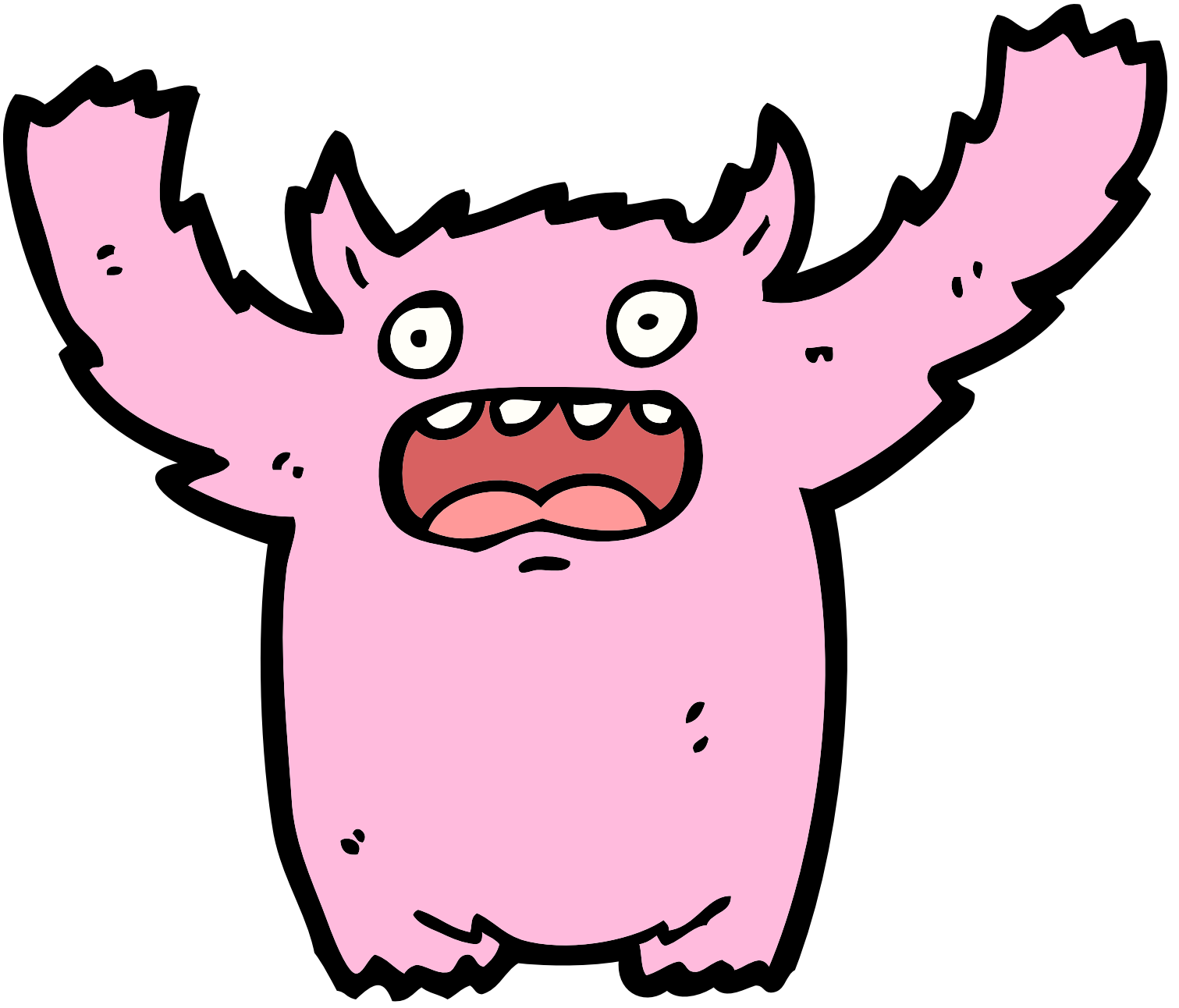
**You can decorate the box - you many choose a
monster (we have included some for you).**

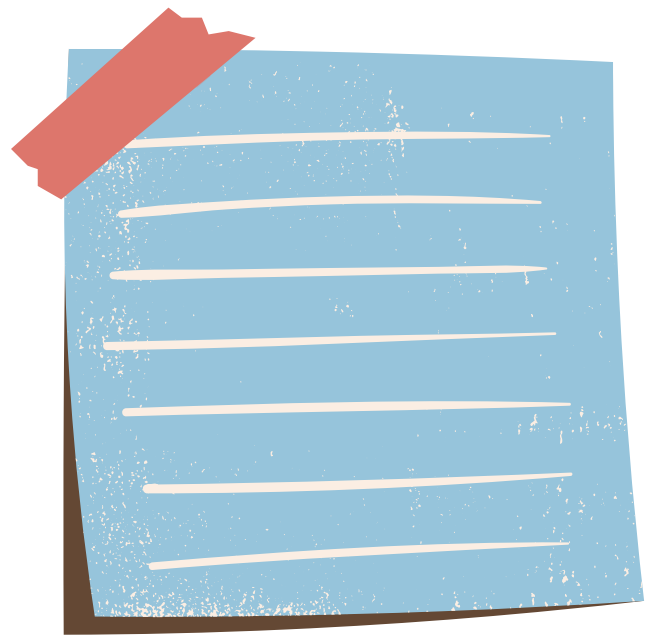
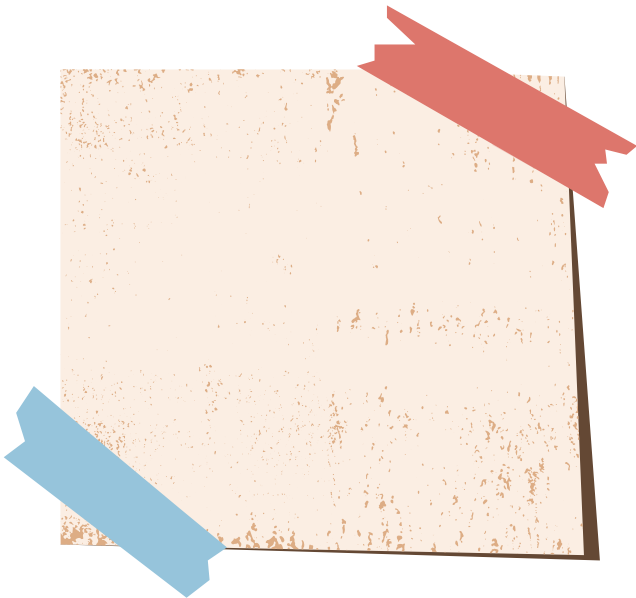
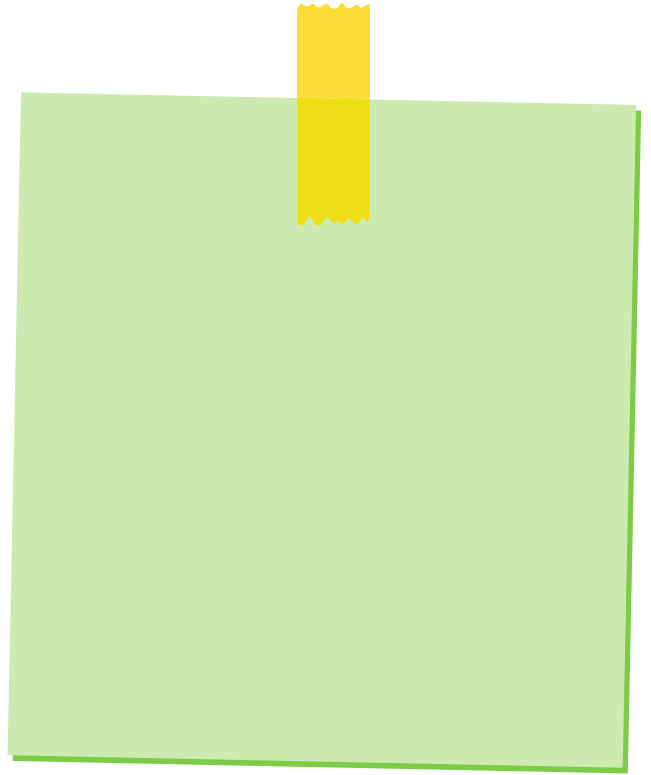
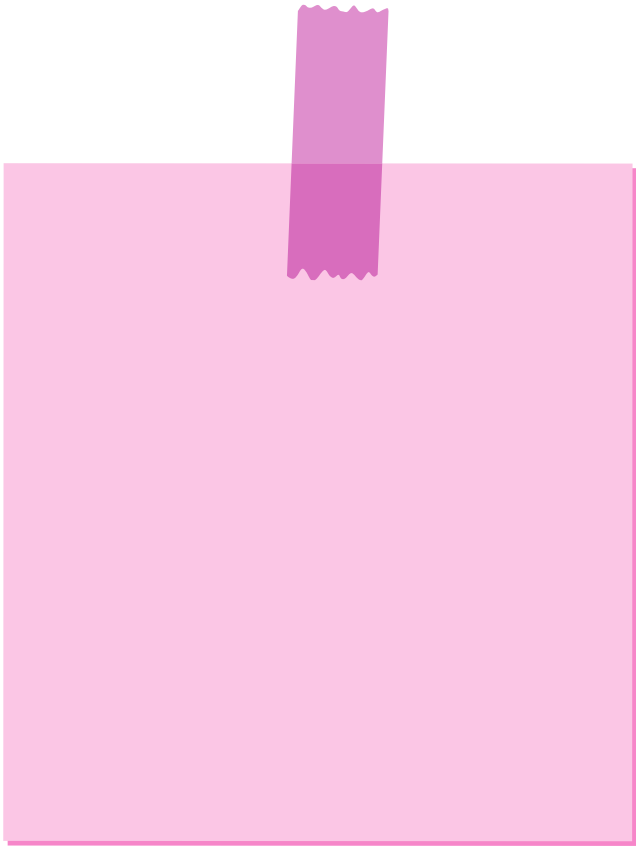
**Your adult can help you with the tricky bits -
especially the cutting.**

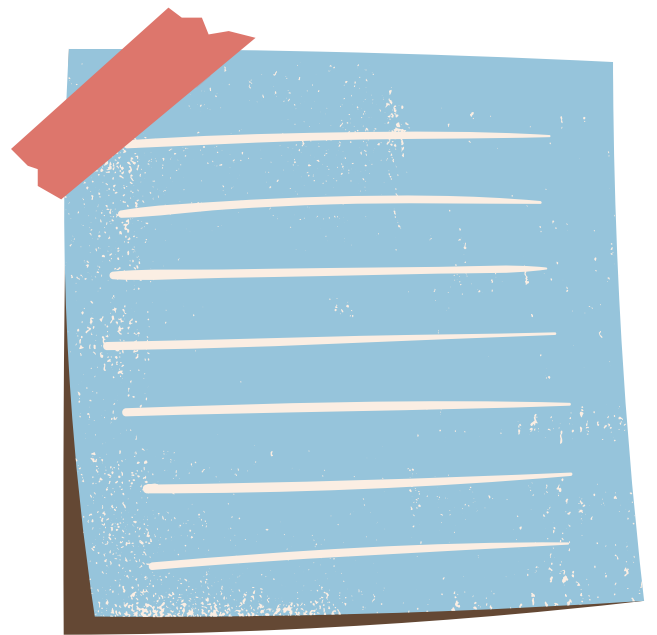
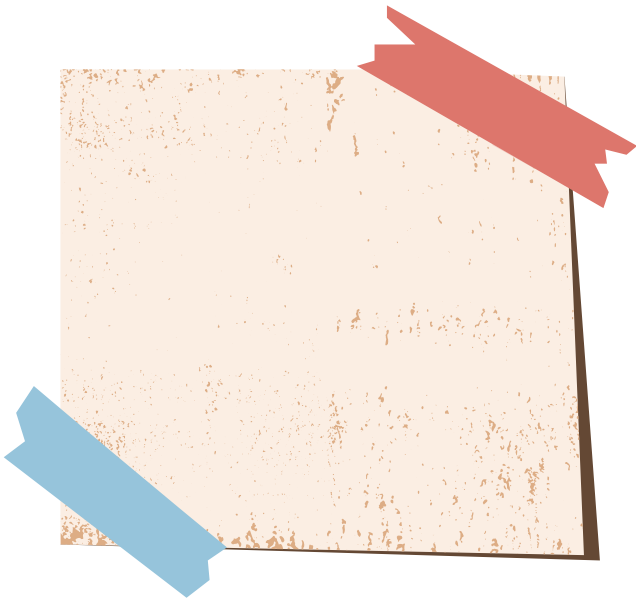
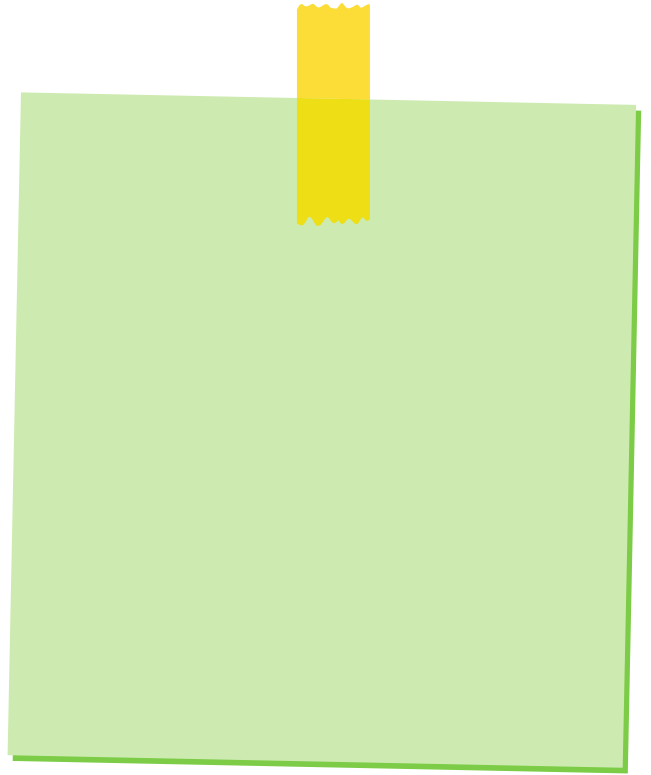
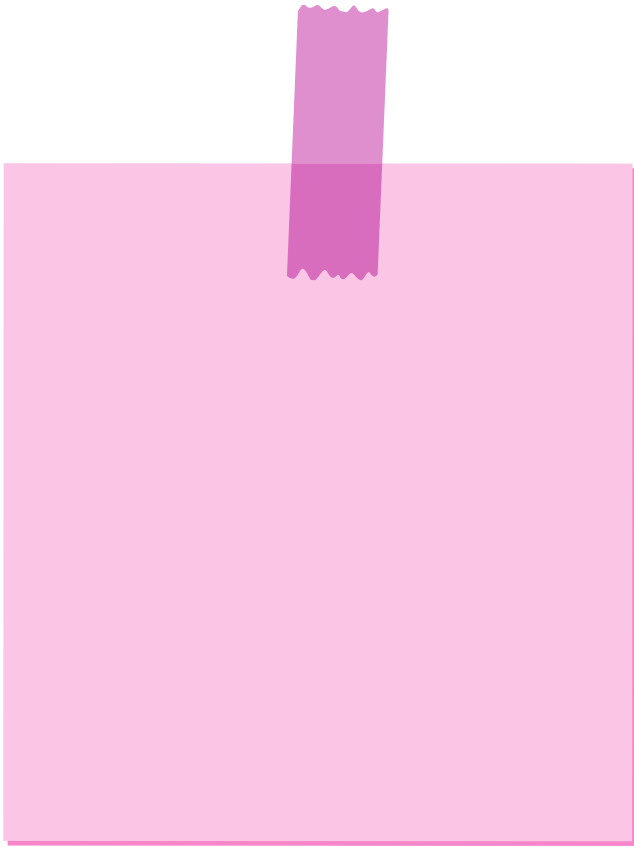


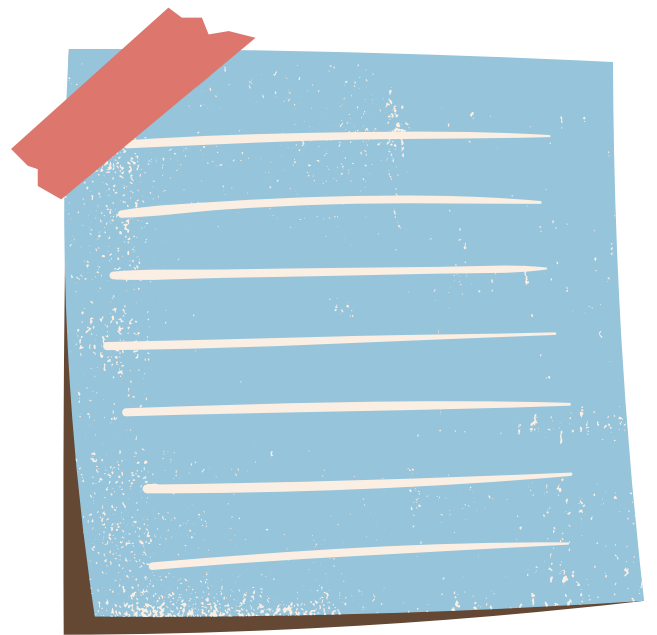
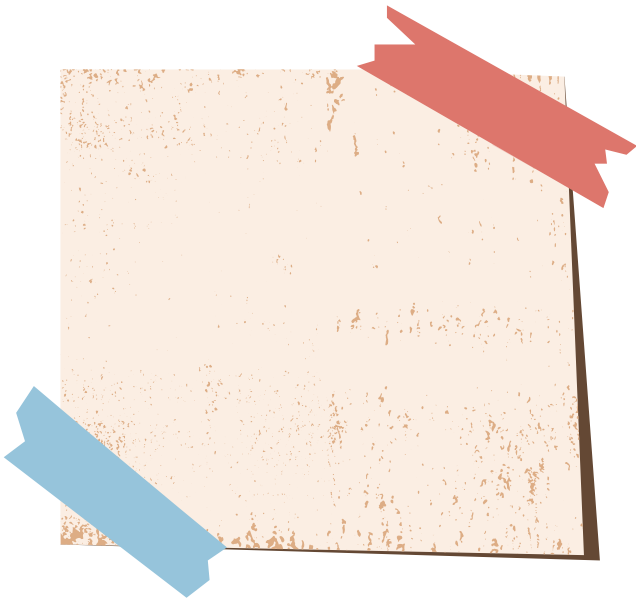
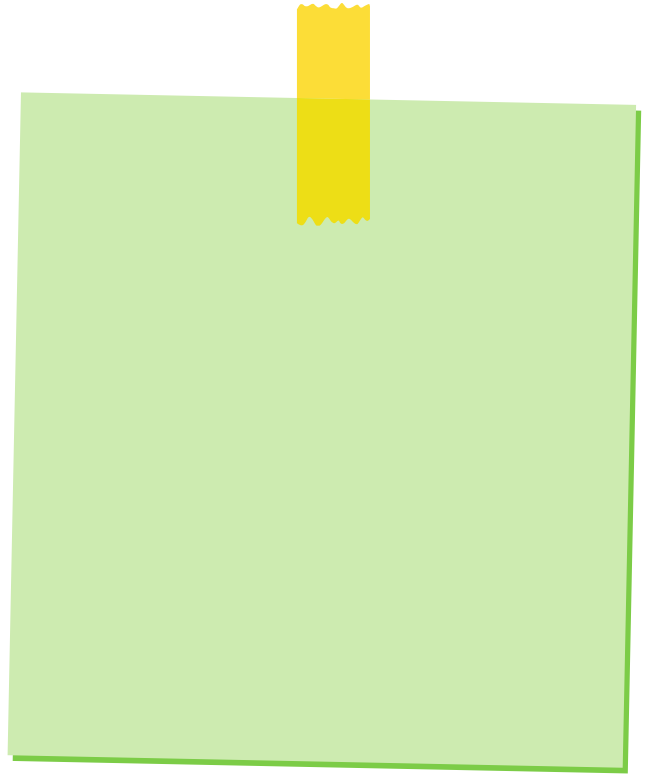
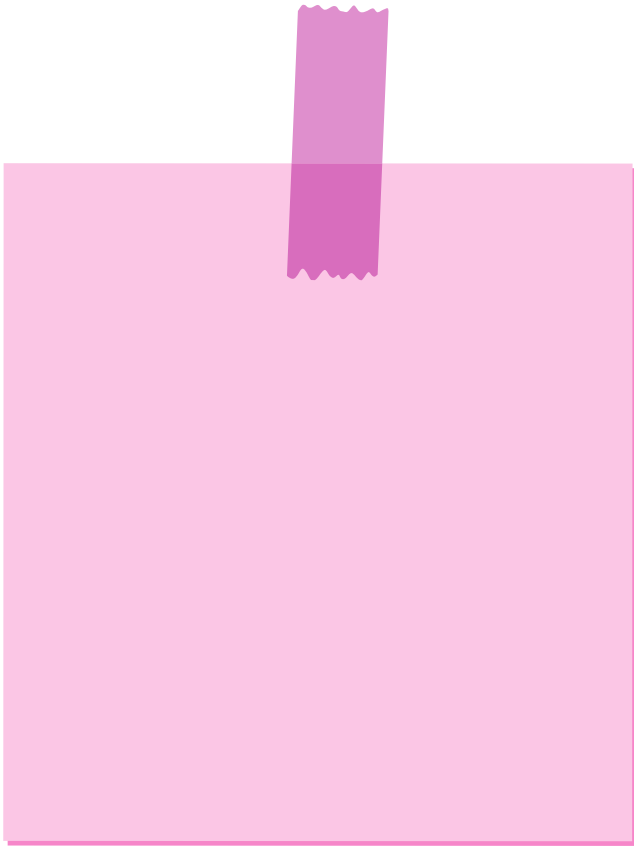


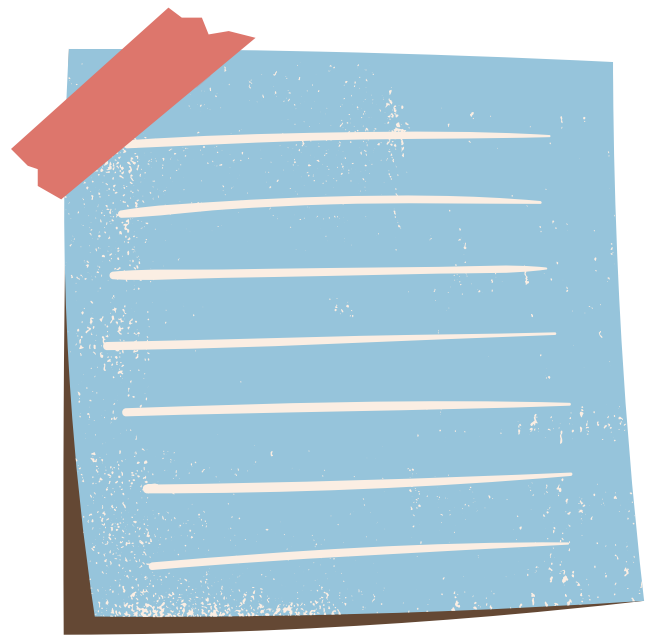
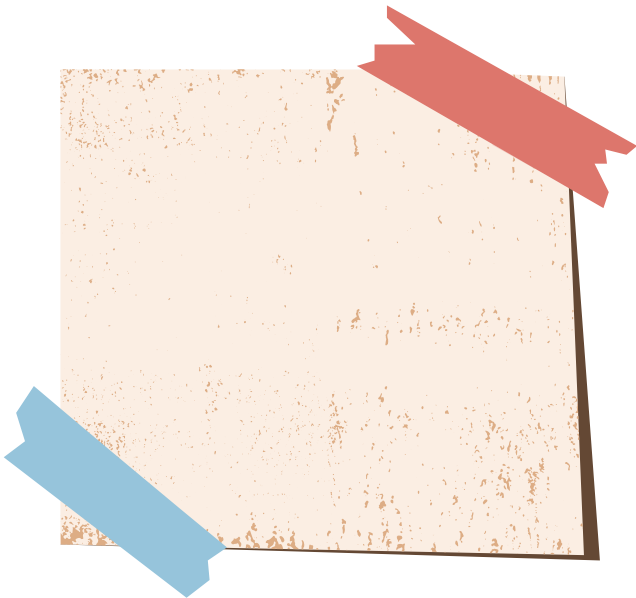
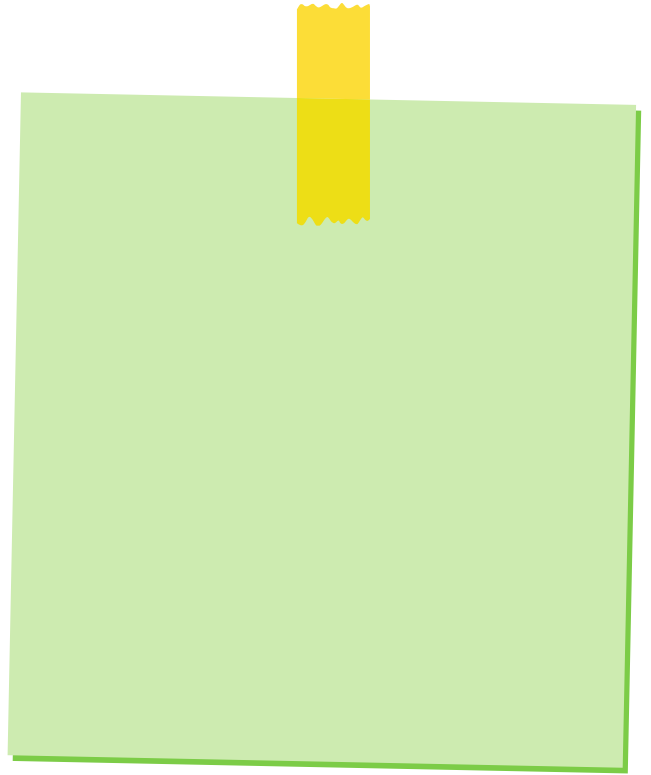
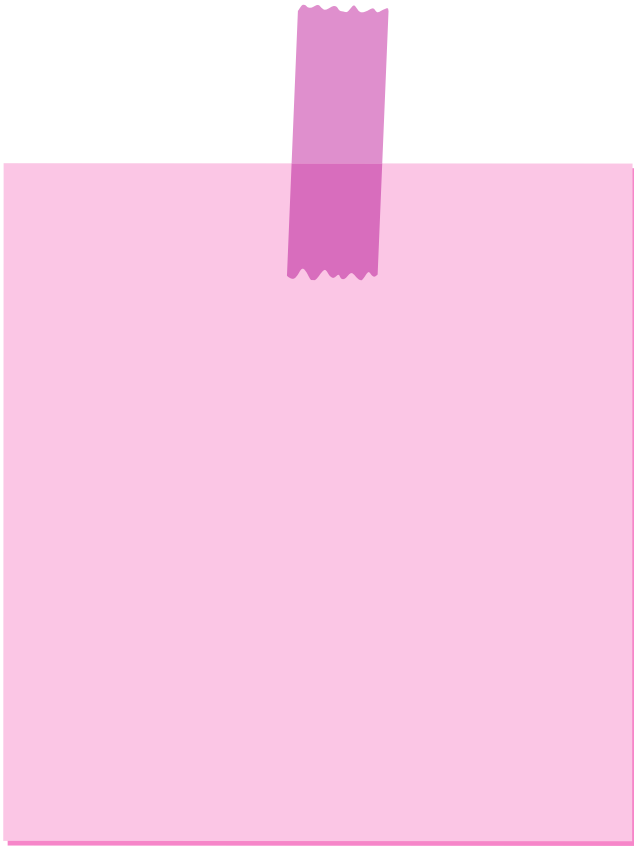








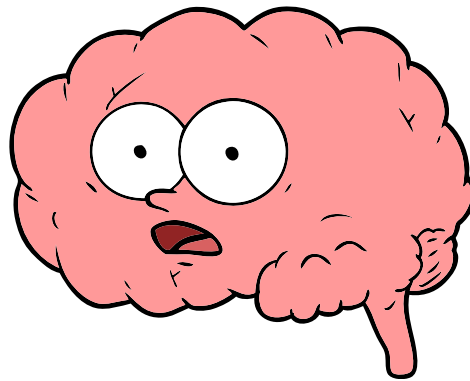




Using My Worry Box



Sometimes I worry.

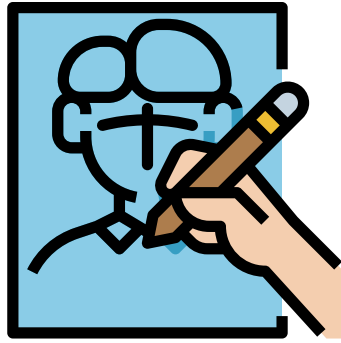


My brain is trying to keep me safe when I worry.

oops

But it can get it wrong!

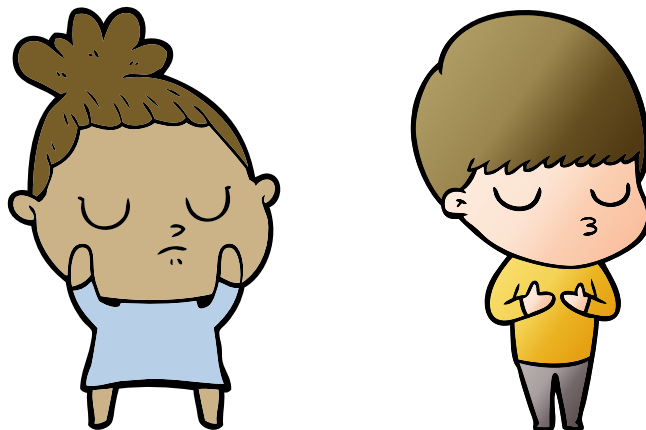
Using My Worry Box



It can help when I draw or write down my worries.



Then I can post my worry in my worry box.



Then my brain can calm down and know I am
safe.