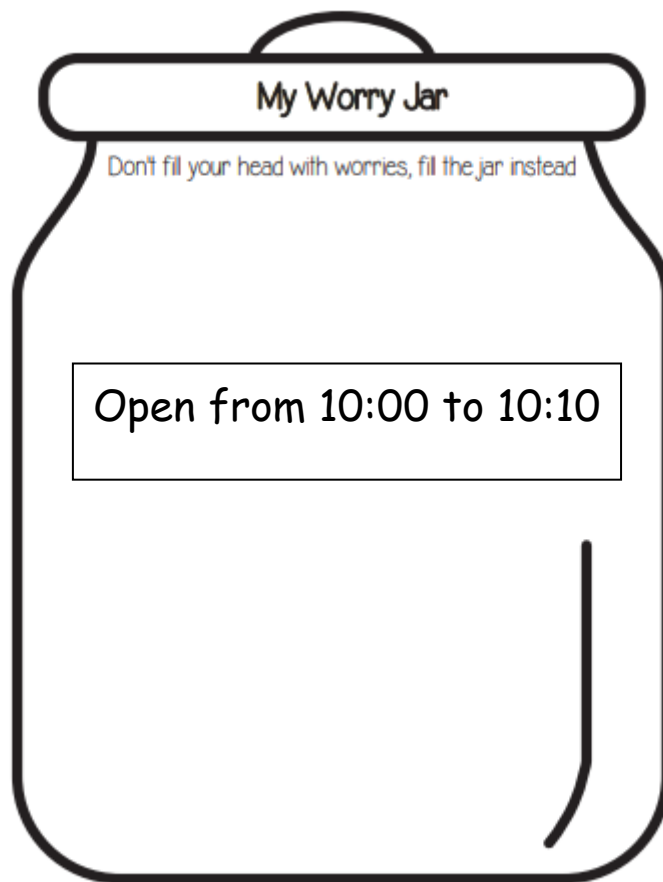


# Worry Jar

Everybody has worries sometimes. It's always good to talk to a grown up you trust when you are worried about something. They can help you to feel better and come up with a good solution for your worry. Remember, a good solution is one that makes you feel better, and doesn't hurt anyone else.

A Worry Jar is a place for you to put your worries so you don't have to think about them all the time. Find a jar, a glass or any container, and decorate it if you like. If you haven't got a spare jar, you can write or draw on a picture of a jar.



Write your worries on pieces of paper. Fold them up and put them in the jar, and close the jar. You can spend a few minutes every day looking at your worries if it helps you to feel better, but it's best not to do it right before bed. Ask a grown up to set a timer

# Worry Jar

for you so that you only spend 5 or 10 minutes looking at your worries. Then put the lid on and know that they'll be there the next day. If you've stopped worrying about something in the jar, you can take it out, tear it up and throw it away!

After you've been looking in your jar, you can do something that makes you feel good. Here are a few ideas, but you might come up with your own.

