

Make a Worry Box

We all feel worried sometimes.
Why not make a worry box with your grown-up to help you deal with your worries.



1. Use an old shoe box and add a fun pattern.



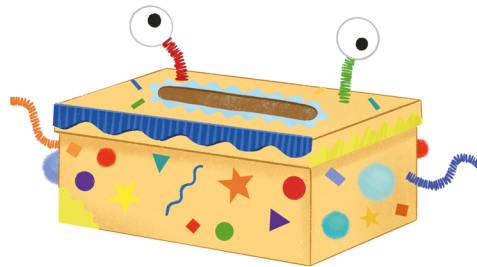
You could use paints, pens, stickers or other craft materials.

3. Draw your worry on a piece of paper.

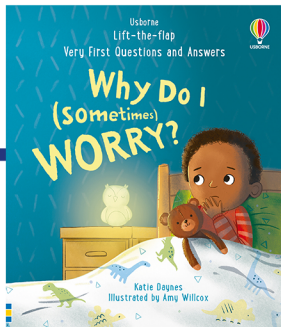
4. Then fold it up and drop it in the box.

2. Cut out a slot in the lid.

A tissue box works well too, because it already has a slot in it.



Now we don't have to carry our worries around with us any longer!



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