

Summary of the Lesson

Create Your own Worry Jar

Everyone has **WORRIES** and that's okay!

We don't want to be so **WORRIED** or so **SCARED** that we stop doing things we like to do.

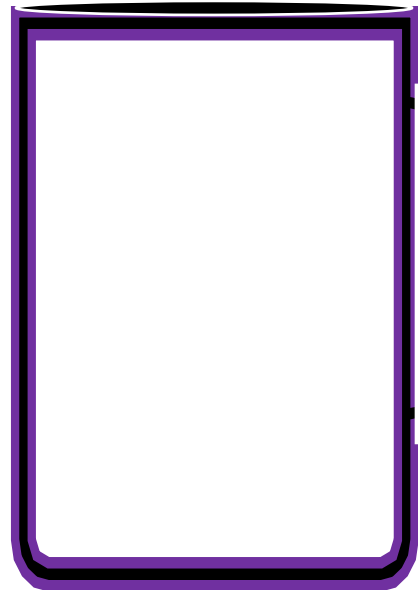
We feel much better when we write down our worries and put them in our jar.

Our jar will hold our **WORRIES** for us.

We can open our jar when we feel like we need to worry a little bit.

It is important to put our **WORRIES** back in the jar and do something that makes us smile.

Don't forget to share your feelings with someone you trust!



Resources for Parents

Helping Kids Handle Worry:

Kid's Health explores what are some common worries children have and some helpful tips to help kids conquer their worries.

<https://kidshealth.org/en/parents/worrying.html>

How to Help Kids Cope With Their Worries:

PBS goes through different worries children may have and three things parents can do at home to help kids with their worries.

<https://www.pbs.org/parents/thrive/how-to-help-kids-cope-with-their-worries>

4 Ways to Help Children Worry Less:

1. Be a detective
2. Recognize and change unhelpful thoughts
3. Set up a regular "Worry Dump" time
4. Face the fear.

<https://www.melbournechildpsychology.com.au/blog/how-to-help-your-child-overcome-excessive-worrying/>

Create Your Own Worry Jar

Supplies

- A jar or container with a lid
- White paper
- Coloring supplies (markers, crayons, pencil crayons)
- Anything else you would like to use to decorate!

Instructions

- Decorate your jar in anyway that you would like.
- Cut some paper into strips.
- Write one worry on each strip of paper.
- Put all the worries in the jar and close it tight.
- Think about how you feel now that you have written down all your worries.
- Put your jar in a safe place.



My
Worry
Jar