

# Make Your Own Worry Box

It's a difficult time for everyone at the moment. With lots of changes happening in the way we have to do things in our day to day lives. You might be feeling a bit worried.

Making a worry box can help you! Post your worries into it and share your worries with your family. It's really important to talk about how you are feeling.

1

To make a **Worry Box**, find an old box and decorate it with anything you have at home; coloured pens, glitter, stickers, coloured paper, or wrapping paper. Write or draw on it "My Worry Box." This is where you post your worries.



2

With the help of an adult, carefully cut out the **Worry Clouds** that are on the next page.

3

When you feel worried about something, write it down on your **Worry Clouds** and post it into your **Worry Box**.

I'm worried about ...

4

Take a look at your worry clouds every now and then. If you are still worried, talk to a friend and grown-up — a worry shared is a worry solved.

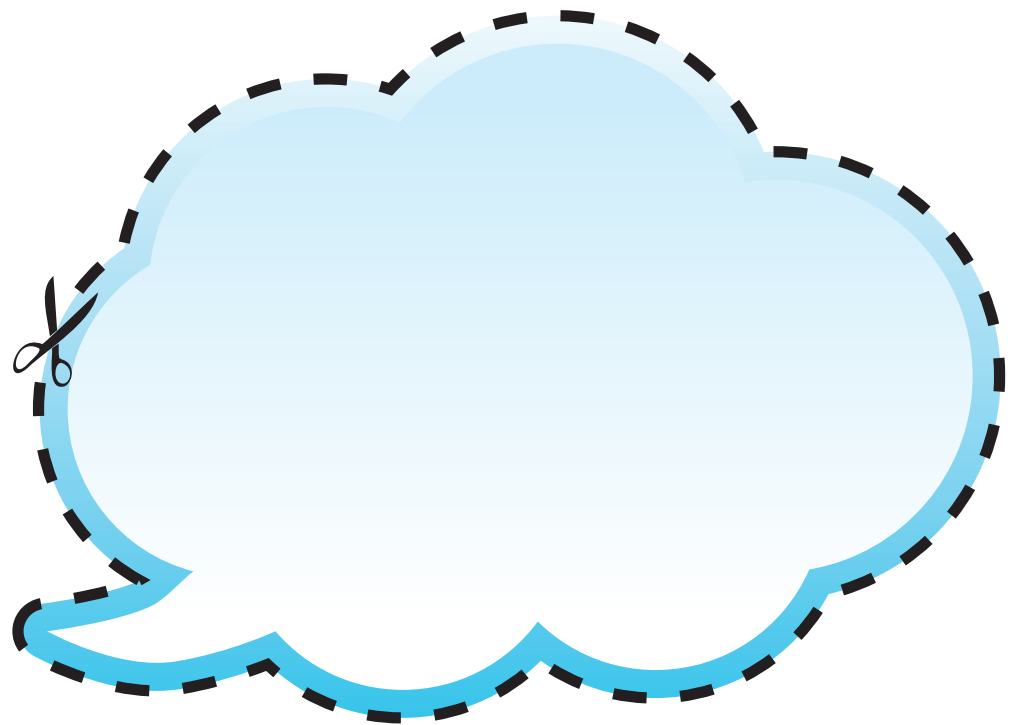
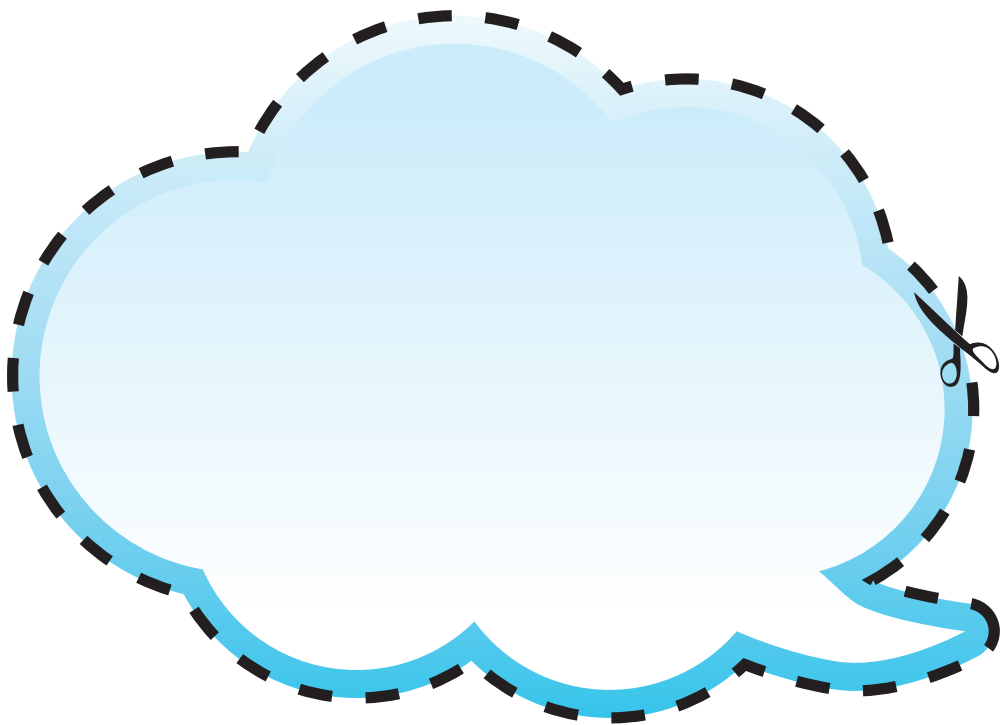
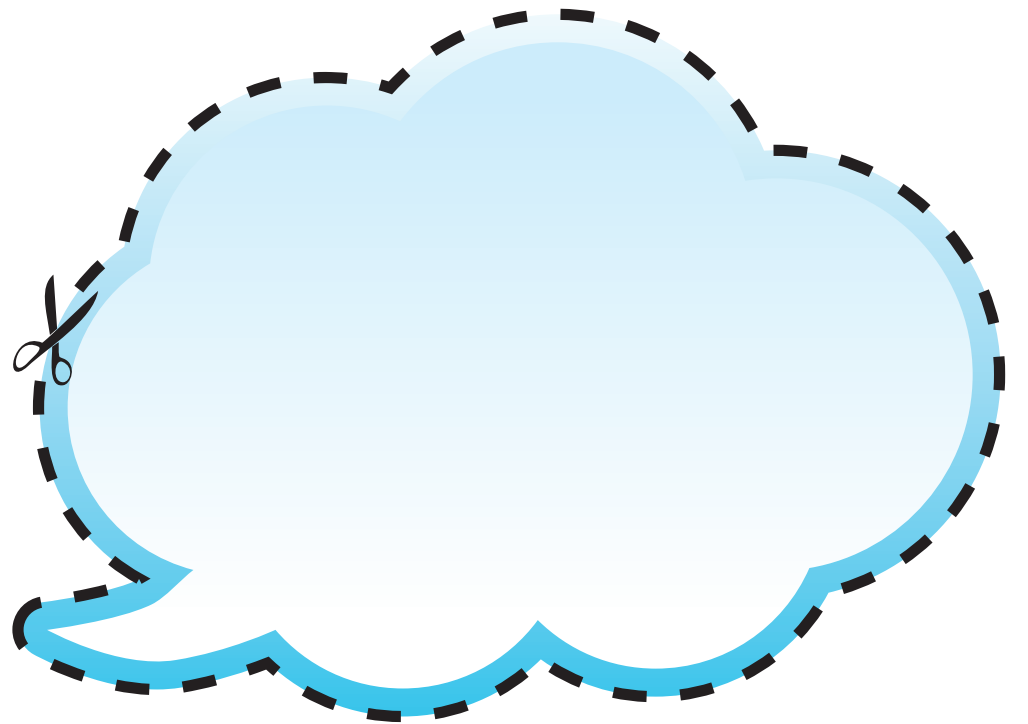
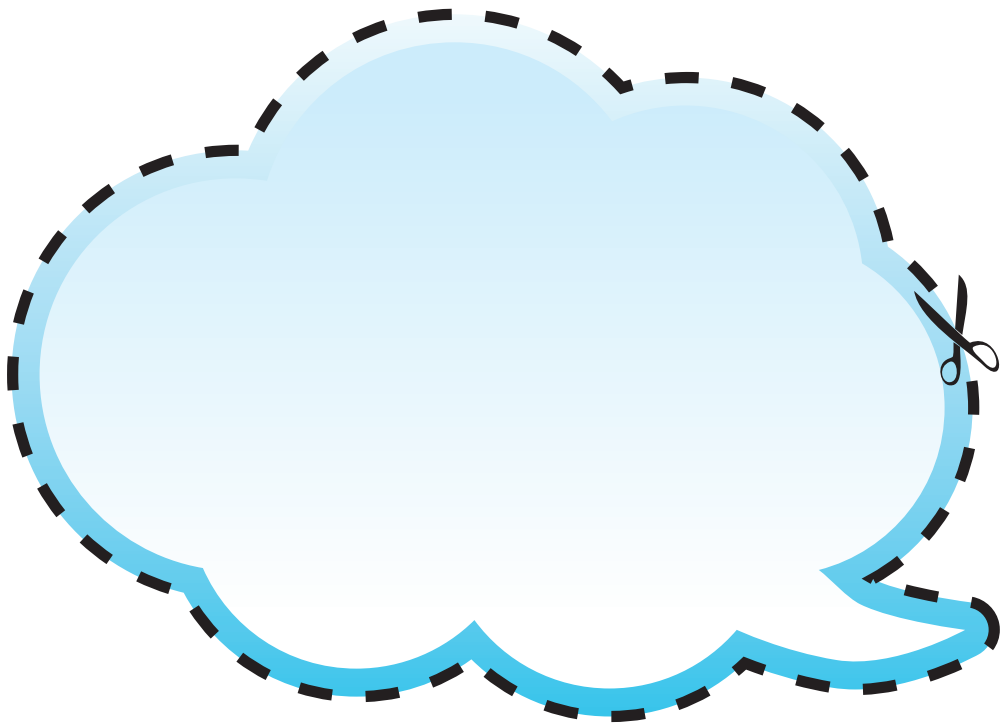
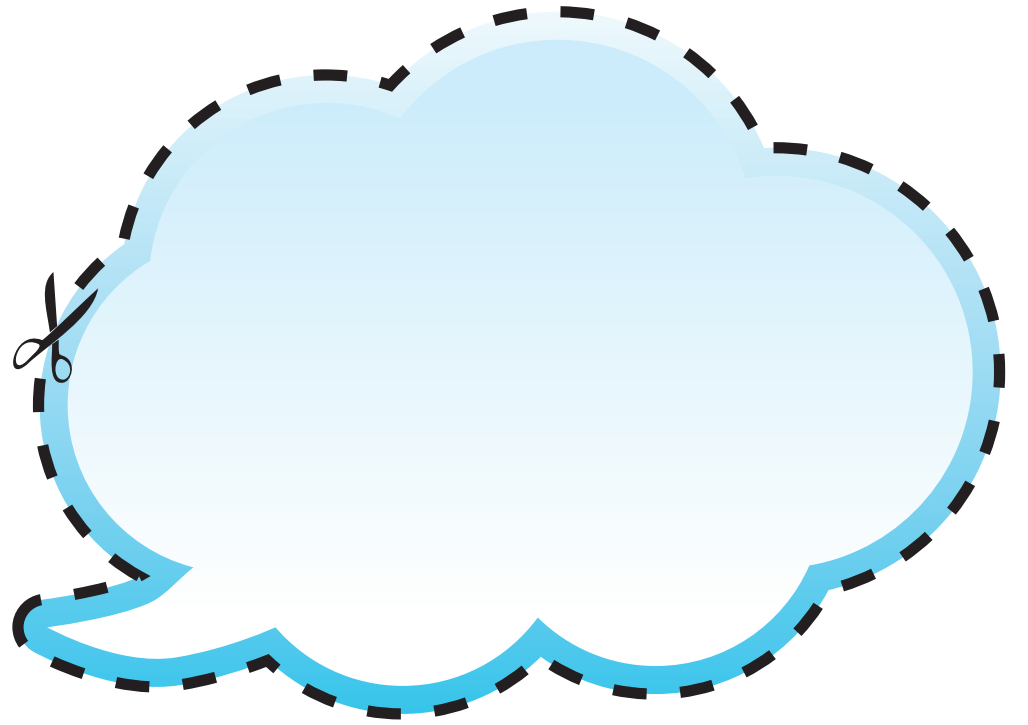
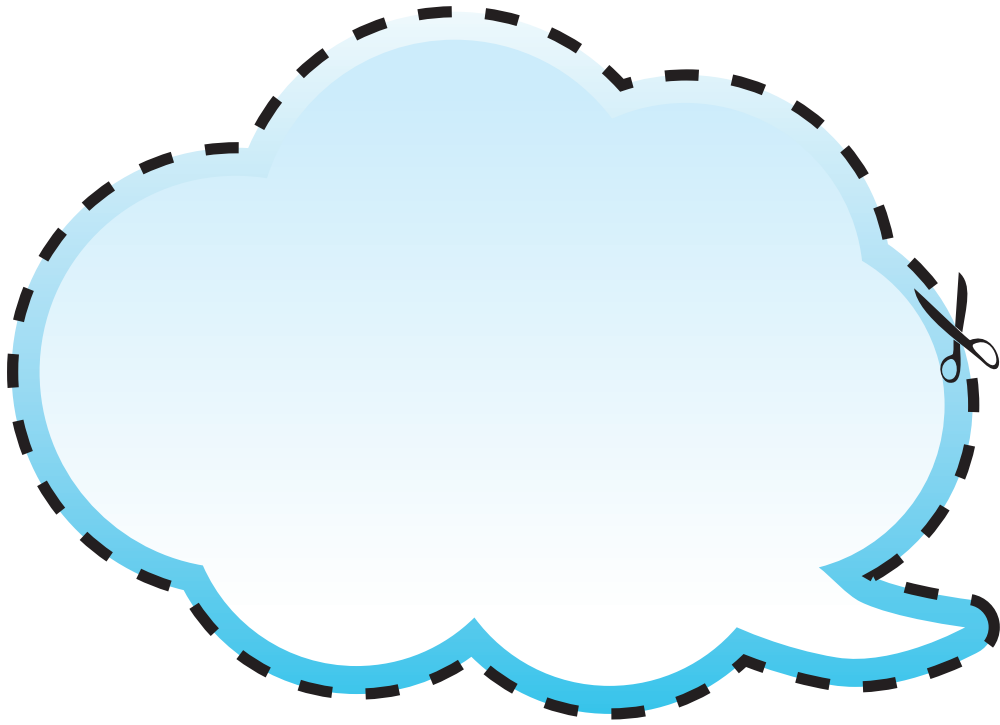
We made our worry box using an old box, feathers, pom poms and hearts! How will you decorate yours?



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Here are your **Worry Clouds**. Cut these out with the help of an adult. Write or draw your worries down on the clouds and post them into your **Worry Box**.



If you need more **Worry Clouds**, draw around one of these clouds on a plain bit of paper and cut them out.



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