

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

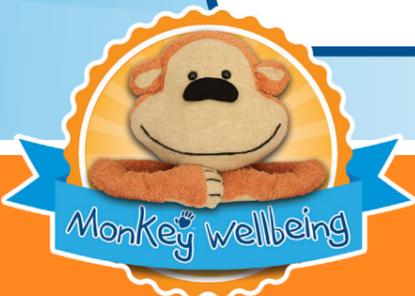
When you feel worried about something, write it down on your **Worry Clouds** and post it into your **Worry Box**.

I'm worried about ...

4

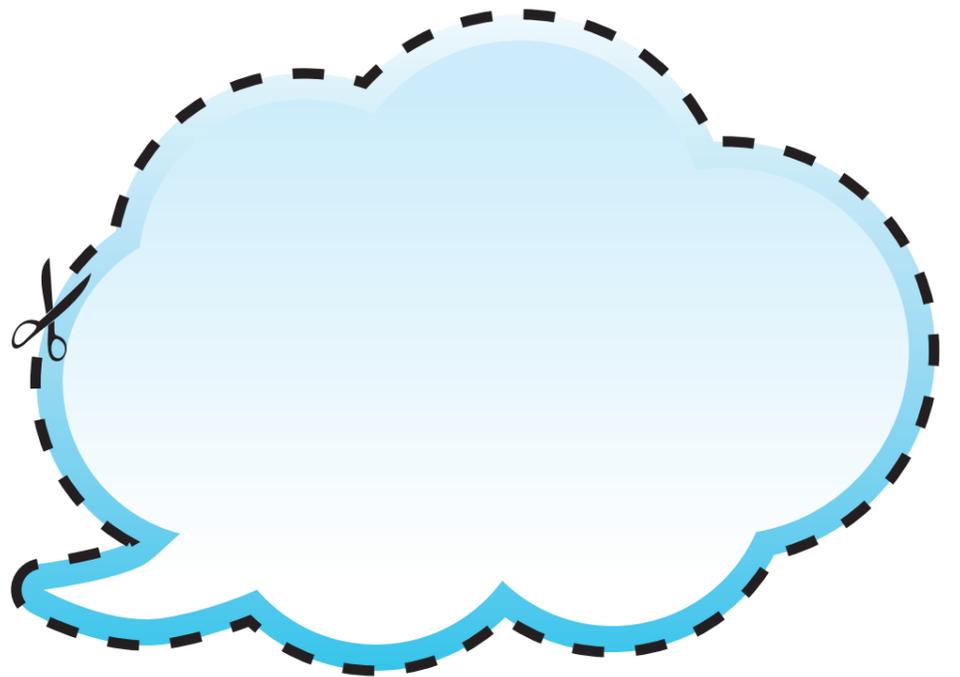
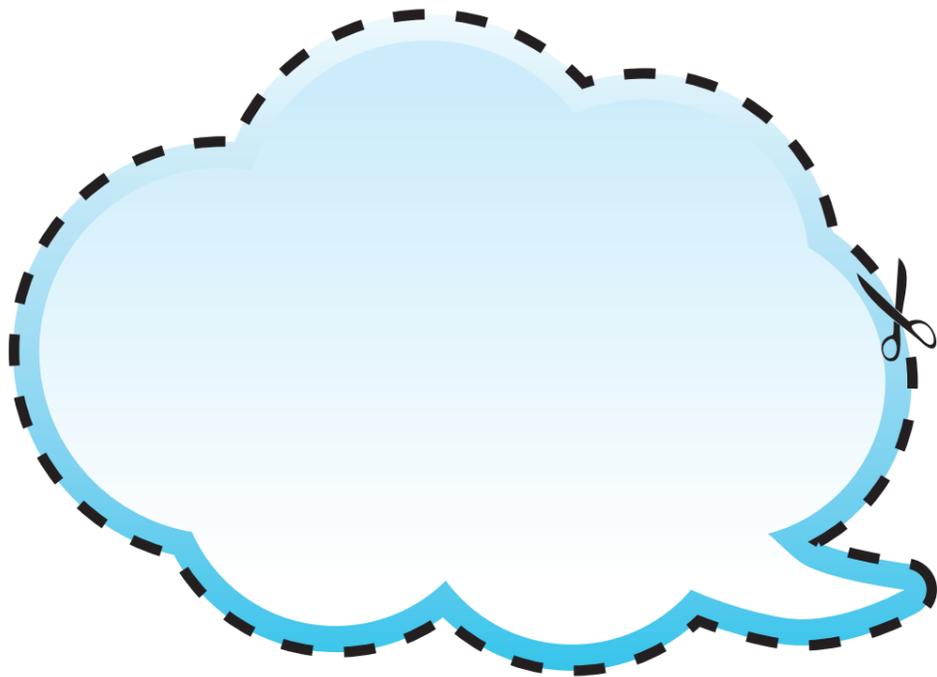
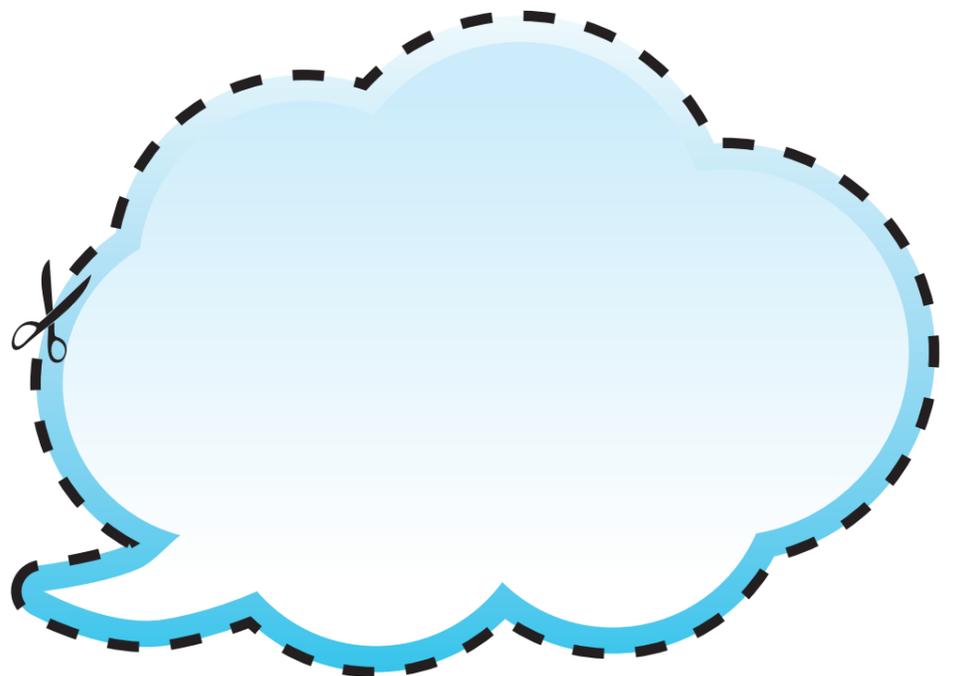
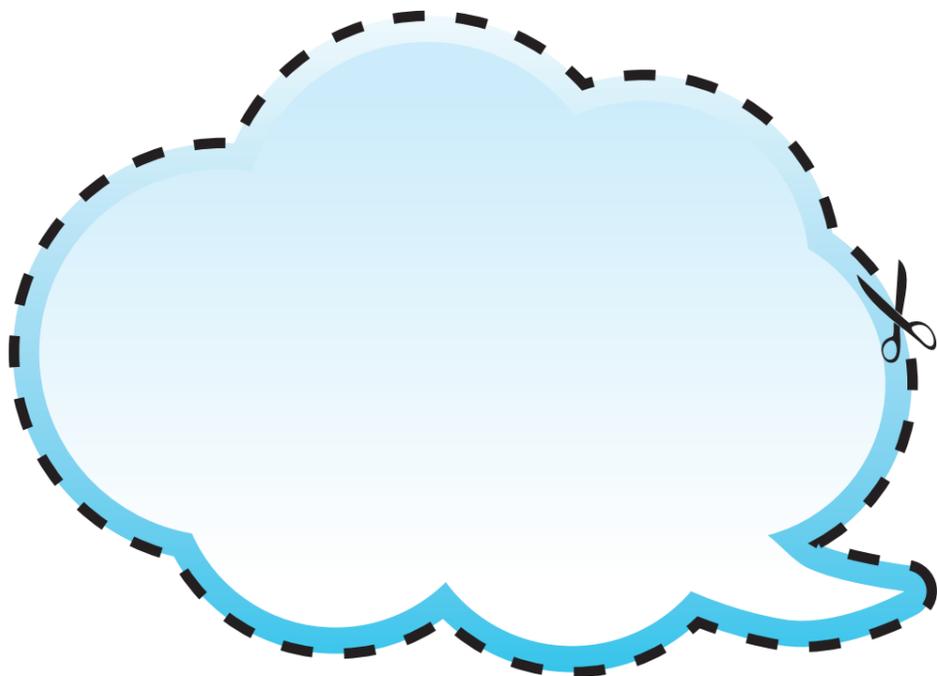
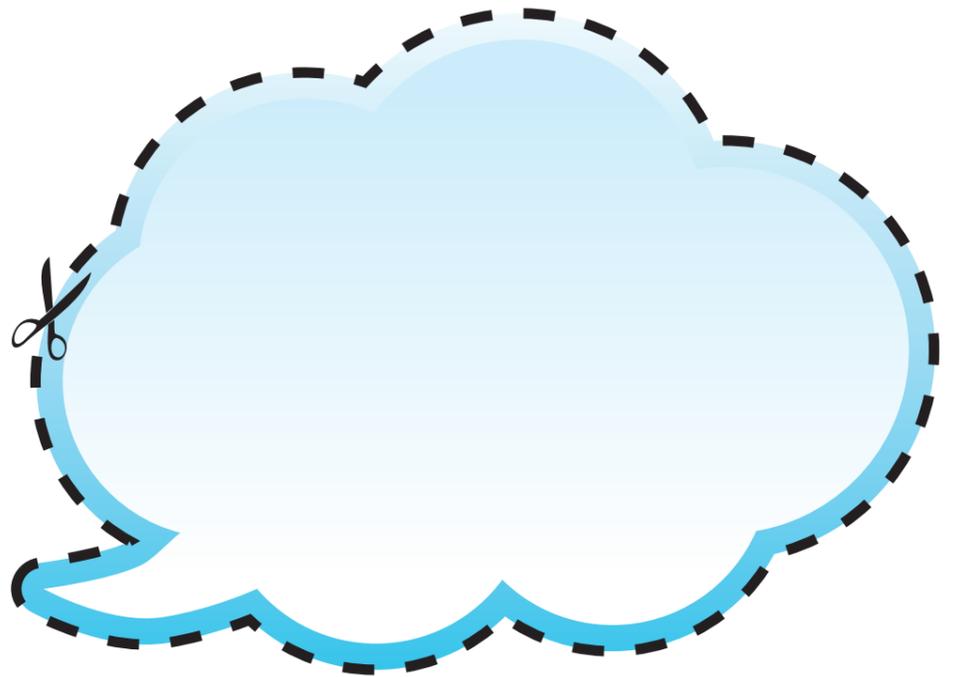
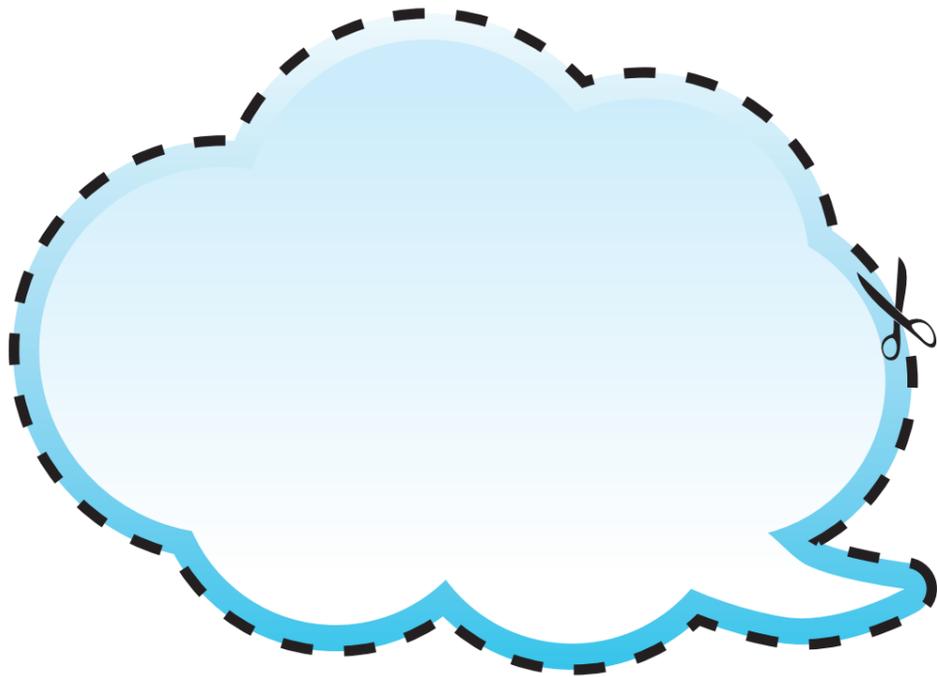
Take a look at your worry clouds every now and then. If you are still worried, talk to a friend and grown-up — a worry shared is a worry solved.

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



Find more downloads, information and advice at www.monkeywellbeing.com

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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