

Worry Box

Grades 3-5



Supplies

- Boxes

(for example, shoe boxes, amazon boxes)

- Decorations & art utensils

(glitter, markers, stickers, colored pencils, etc.)

- Sticky notes (or any pieces of paper you can find)
- A trash can (optional)



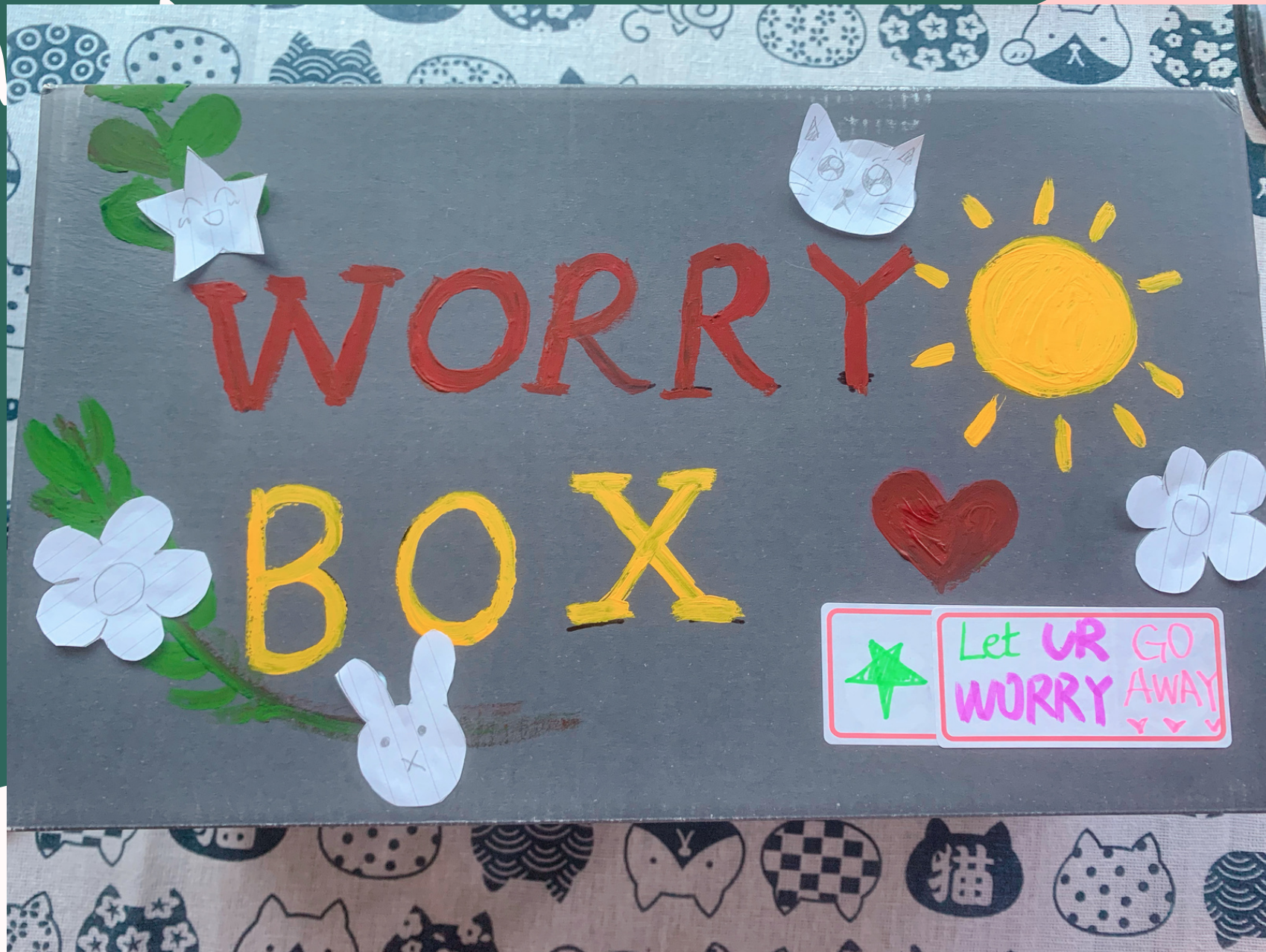
Why this activity?

- Very often, kids can feel as though they are controlled by their anxious thoughts and feel helpless in stopping them.
- Parents often feel frustrated that they don't have enough time in their day to address their child's concerns.
- Today we are introducing a mental health activity for kids that can give them a sense of control over their anxiety!



LET'S GO ->

(slide for teacher only)



Step 1

- Pick a box!
- Relax, and have fun being creative by decorating the box however you like
- You can use glitter, markers, stickers, pompoms, and more!
- No artistic skills needed; let your box represent YOU

Steps

- When you don't have the time or energy to think about your worries, place them in the box and let your worries go!



I miss my
friends and
teachers.

I'm scared
about my math
test tomorrow!

I have a big
performance
next week.

Step 3

- Write any of your worries down on a piece of paper
- Leave it in your box, and if you need to, you can pick it up at a different, less stressful time!

Step 4

- Talk about your worries and/or fears with a parent, guardian, or teacher!
- You don't have to feel like you need to bottle up your emotions; be free!



Steps

- When your worry is gone or you've addressed it, you can rip up the paper and throw it away
- If you want, you can also save your notes and write solutions to those worries on the back!

