

# The Worry Jar

- Source and decorate a jar for your classroom.
- Younger children, can draw a picture of what worries them, if any. Older children can write down their worries on a piece of paper.
- Have the children fold the piece of paper and put it in the jar.
- The next week – take the notes out of the jar and see if the children still have the same worries.
- If they do, place them back in the jar; if they don't, have them rip up the paper and throw it in the bin.



Name: \_\_\_\_\_

Date: \_\_\_\_\_