

Name: _____

Class: _____

Date: _____

MY WORRY JAR

Writing down or drawing our worries can help us stop worrying about them so much, even if only for a little while.

Instructions: Write or draw your worries in the jar.

It can also help to have "Worry Time" for 10 or 15 minutes each day at the same time, to look at your Worry Jar, think about your worries, and perhaps talk to a trusted adult about them. If you find yourself worrying at other times, remind yourself that you can save up your worries for Worry Time.

