



Activity 29

Aim:

Worry Box To explore the things that make us worry.

You will need – A box, slips of paper and a label for the box and pens

Activity – To help other children to deal with their worries by making a worry box

First you need to buy or re use a box, if you are using a cardboard box try to decorate it in some way that will make it stand out. Next you need to make some slips of paper for other children to write down the thing that is worrying them. Then you need to make a label for your worry box. Find a central place for your box with the slips of paper next to it with some pens. Children need to know about the box an announcement in worship would let the whole school know at once. Check the box every couple of days and read the slips of paper. As an Ethos group act on the messages from children to comfort them, talk about their worry, you may need to discuss things with a teacher.

I am worried
about _____

Name _____

