

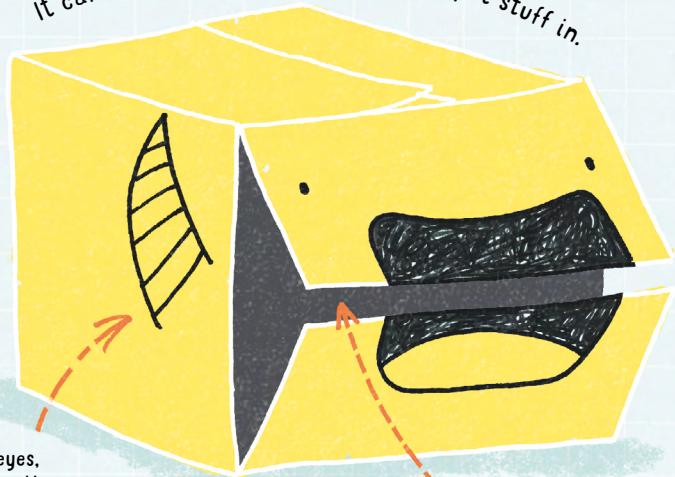
WORRY BOX

Writing down a worry helps to get it OUT OF YOUR HEAD. Try making a worry box to get rid of worries you're jotting down. Turn the box into a creature, and imagine it EATING up the worries.

YOU WILL NEED:

AN EMPTY ENVELOPE, JAR, TISSUE BOX OR TUB
PENS, DECORATIONS, GLUE

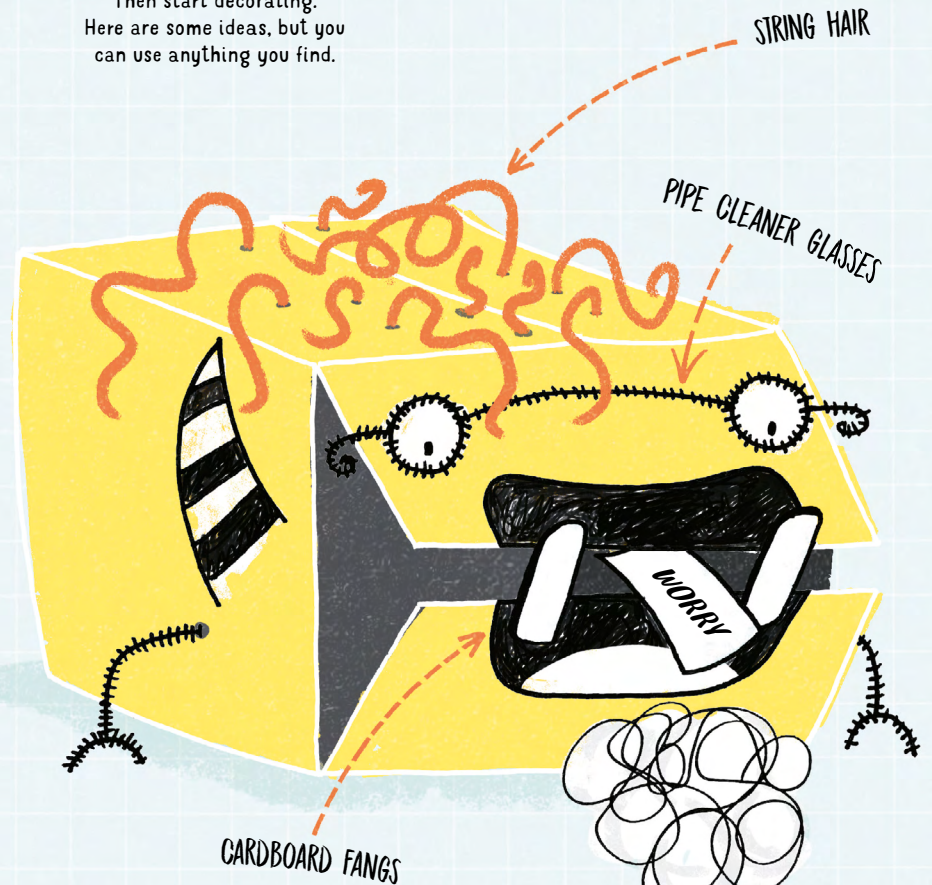
It can be made of anything you can put stuff in.



Add eyes, and any other features you like.

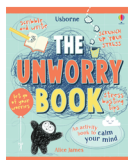
The opening will be the mouth.

Then start decorating. Here are some ideas, but you can use anything you find.



When the box is made, you can use it whenever you'd like to get rid of a worry. Just post the worry into your box instead of dwelling on it. From time to time, empty the box out into a recycling bin, so the worries don't build up.

Alternatively, you could just SCRUNCH them up and THROW them away. Sometimes worries just need to be chucked away entirely.



Usborne Activities

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