

# THE WORRY BOX & WORRY TIME

The worry box serves as a valuable outlet for your child, aiding in:

- Acknowledging and verbalising fears
- Taking action against those fears
- Offering a supportive means to process and learn from them.

This tool empowers your child to express their thoughts and feelings through writing & drawing, effectively channeling their worries into the box.

Place the worry box in a visible location, alongside paper and a pen, such as on a bedroom window sill or a desk.

Engage in discussions while your child writes or draws, setting aside planned moments each day to review these concerns together. This practice, is known as 'Worry Time' (a structured technique used within cognitive behavioural therapy).

Here's a child-friendly way to use "Worry time" at home:

- Choose a Fun Name - Instead of calling it "Worry time," give it a child-friendly and engaging name like "Worry Wizard Time" or "Thought Tamer Time." This can make the concept more relatable and less intimidating for a child.
- Create a Safe Space - Designate a cozy and comfortable spot where you and child can sit together for their special worry time. Make it inviting with cushions, blankets, or their favourite stuffed toys.
- Colourful Worry List/Trackers - Provide your child with colourful paper, pens, and stickers. When they have worries during the day, encourage them to draw or write down their concerns and put them into the worry box, you can use the worry trackers to help you identify the things to write/draw about.
- Set a Timer - Use a playful timer, like an hourglass or a timer with a fun sound, to mark the beginning and end of the "Worry Time." Start with a shorter duration, 5-10minutes, and gradually increase it as the child becomes more comfortable.
- Explore Worries - During the session, go through the worry list/tracker together. Ask the child to explain each worry, and listen attentively without judgment. Show empathy and understanding for their feelings.
- Magic Solutions - Encourage the child to come up with "magic" solutions for each worry. These can be creative and imaginative ways to tackle or ease their concerns, such as imagining a superhero helping them, If they (your child) had a magic wand what would they do? If their worry had a wish, what would it wish?
- Positive Reinforcement - Celebrate the child's efforts in sharing their worries and brainstorming solutions. Offer lots of praise to make the experience positive and reinforcing.
- Letting Worries Go & Thought Stopping - After the session, have a symbolic ritual to signify letting go of worries and to help with rumination. For example, you could pretend to blow worries into a balloon (also a great way to practise some deep breathing) and let this go inside or outside or pop the balloon, toss a "worry stone" into a bowl of water, or rip up and throw away the 'worry list', get up and have a full body shake out.
- Consistency and Routine - Establish a regular schedule for the "Worry Time" Having a predictable routine can help the child feel more secure and confident about managing their worries.
- Open Communication - Emphasise that it's okay to have worries and that talking about them makes them feel lighter. Encourage the child to come to you whenever they have new worries, reinforcing the idea that you're there to help.

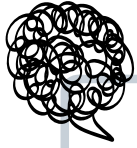
Remember, the key is to make the process engaging, supportive, and age-appropriate. By incorporating creativity, playfulness, and a nurturing environment, you can help your child develop valuable skills for managing their worries and big feelings.

# WORRY TRACKER EXAMPLES

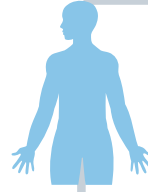


TIME

PLACE



MY WORRY



HOW DOES MY BODY FEEL?

WHAT DID I DO TO FEEL BETTER?



DRAW THE WORRY... IS IT BIG, SMALL, HARD, SOFT, SPIKY, SMOOTH, SCARY, TIMID, LOUD, QUIET, COLOURFUL, COLOURLESS. WHERE DOES IT LIVE? DOES IT HAVE FRIENDS OR FAMILY? WHAT IS ITS FAVOURITE THING TO DO AND EAT?

