

Worry Jars

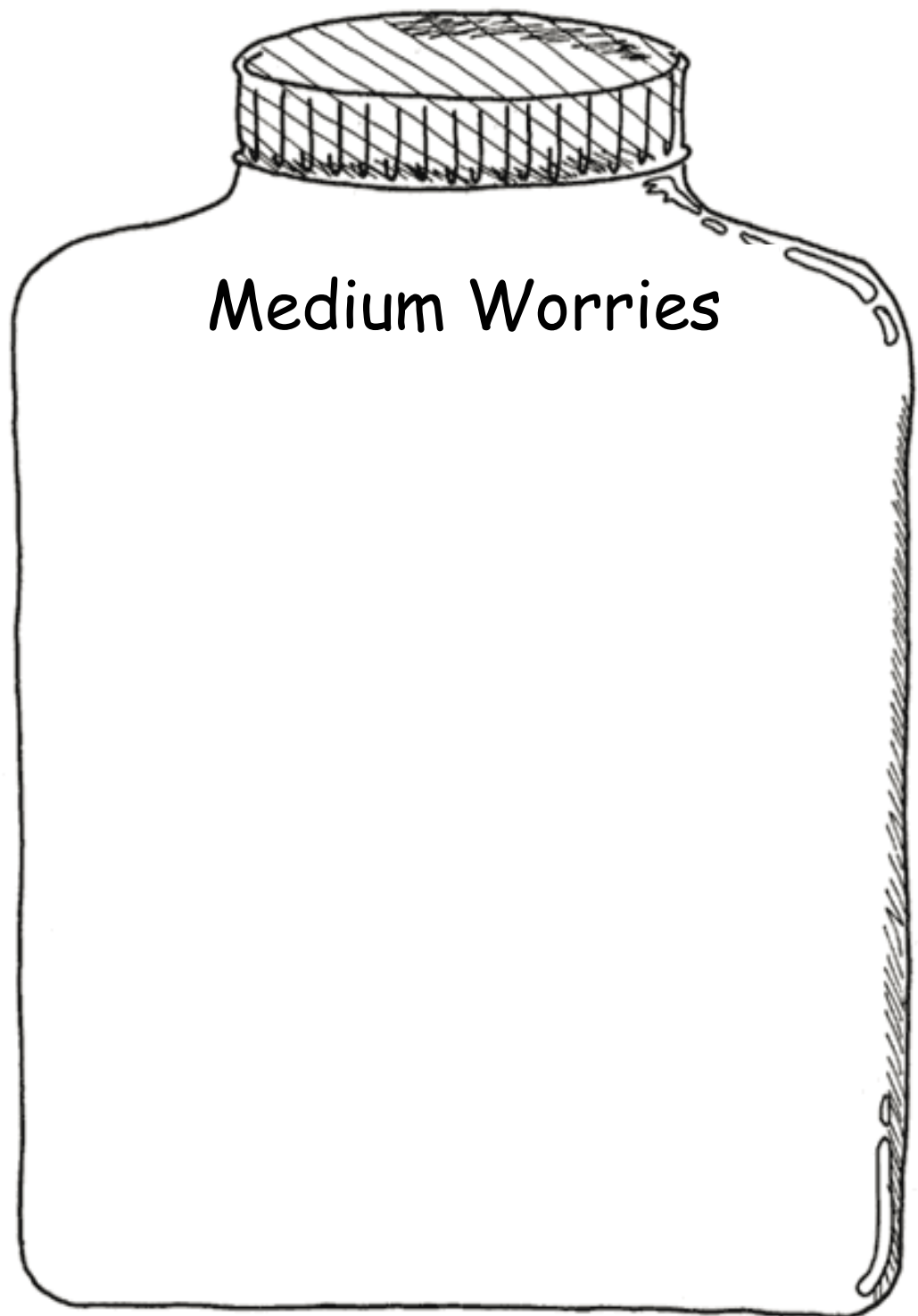
Worry Jars are useful to help young people understand that there are different sizes to worries, It may be useful use these in conjunction with the circle of control resource and an emotional thermometer (included in this pack 3).

Cut out the jars and display them side by side.

Use the Instructions to explain the process to the young person. Listen, acknowledge and help them understand why some worries are different sizes.

Once a problem has been solved some young people like to rip up their worries which helps them bring closure. For big worries it may not be possible to solve these straight away. The worry stays in the jar so it doesn't have to stay in the young person's mind. It can be revisited later.







Big Worries

Worry Jars



- Take 3 deep breaths.



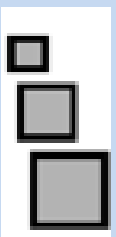
- Think about what is worrying you.



- Write the worries down on a post it.



- Think is this a small, medium or large worry.



An Adult can help you with this.



- Once worries are recorded an adult can help decide the way forward.