

Make Your Own Worry Box

An activity from Sam and his Spinning Thoughts by Robin Ashlin

Sam's spinning thoughts slowed down when Grandad showed him the worry box. Make your own — any box with a lid will do.

- 1 Find a box. A shoebox or a tissue box is perfect. Decorate it so it feels like yours — Sam's has a star carved on the lid.
- 2 When a worry starts to spin, write it down on one of the slips below.
- 3 Fold the slip up small and post it in the box. The box holds the worry so your head doesn't have to.
- 4 Choose a daily worry time — ten quiet minutes with a grown-up to open the box and talk the worries through. Then close the lid until tomorrow.

WORRY SLIPS — cut along the dashed lines

Today I'm worried about...

Today I'm worried about...

Today I'm worried about...

"Worries feel smaller once they're out of your head." — Sam