ACTIVITY: Make a Worry Box

MATERIALS NEEDED:

* shoe boxes
* construction paper
* scissors
* markers, crayons
* glue
* stickers

INSTRUCTIONS:

1. Tell students that they can make a box to hold their worries if the other strategies they learned in today’s lesson don’t seem to be helping.
2. Provide materials and an example if you like.
3. Encourage the students to talk about today’s lesson while they’re working.
4. Tell them that they can write down a worry on a slip of paper and put it into their box. Later they can read the paper and try some of their strategies again.
5. Let students take home boxes OR keep them at school for “school worries”.

[](http://images.google.com/imgres?q=worry+box+for+kids&hl=en&gbv=2&biw=1600&bih=728&tbm=isch&tbnid=j9IPZMlr7O2kMM:&imgrefurl=http://www.fit4females.com/blog/2011/10/20/are-your-kids-stressed-worried-or-anxious/worry-box-blog-fit4females-1/&docid=fo2A6uISo6m-3M&imgurl=http://www.fit4females.com/blog/wp-content/uploads/2011/10/Worry-Box-Blog-Fit4Females-1.jpg&w=448&h=336&ei=SjwNUNepDKfq0gG2y8GJBA&zoom=1&iact=hc&vpx=275&vpy=142&dur=8917&hovh=194&hovw=259&tx=126&ty=102&sig=102585700041835249895&page=1&tbnh=124&tbnw=163&start=0&ndsp=39&ved=1t:429,r:1,s:0,i:75)