



TERMS OF USE



This resource is **copyright ©ELSA Support**

All free products on this site are subject to a **Creative Commons copyright licence**. You are free to copy, distribute, display, and perform the work under the following conditions:

Attribution: You must give the original author credit (**That is ©ELSA Support**)

Non-Commercial: You may **not** use this work for commercial purposes (**You cannot sell this work or use it for financial gain**)

No Derivative Works: You may **not** alter, transform, or build upon this work (**You must not change our work in anyway**)

**Thank you for abiding by
copyright law.**



www.elsa-support.co.uk

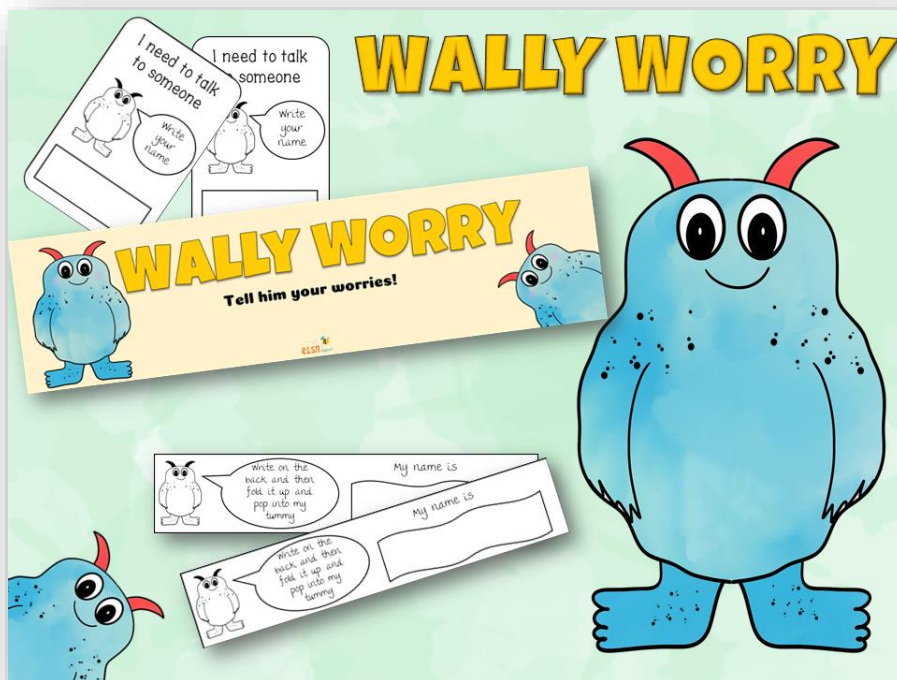




Other resources you will LOVE!



Please click the image to take you to this related and relevant resource:



www.elsa-support.co.uk



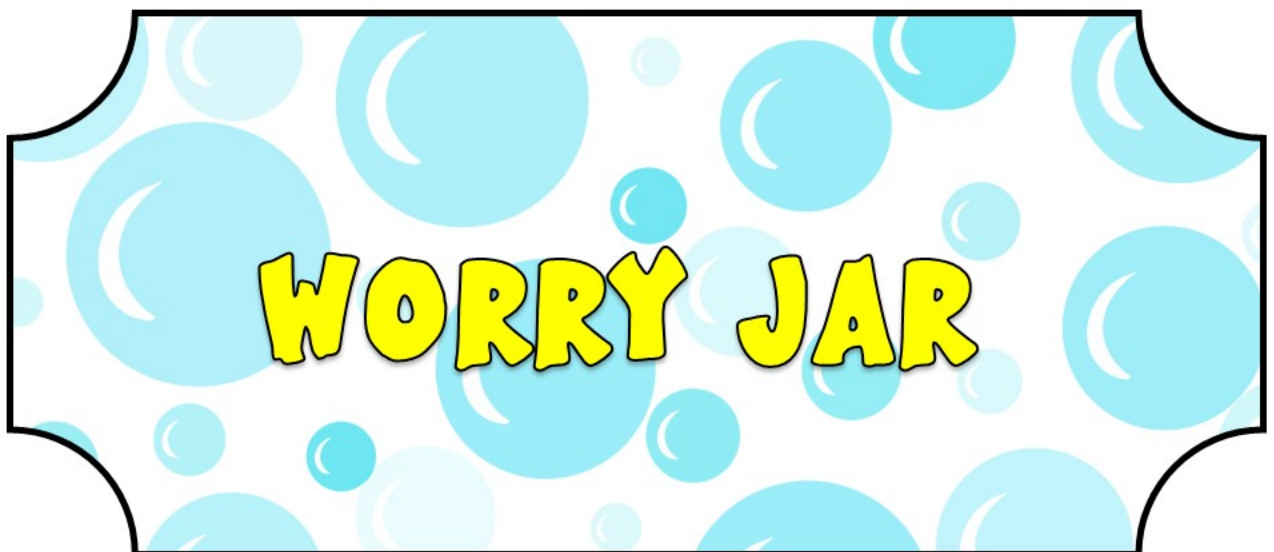
Worry jars or boxes

It can be incredibly helpful for children to have an outlet for their worries. This is a worksheet for writing down worries but you can also use an actual jar or box for children to use for their worries.

Children can become more settled when they have the opportunity for dumping their worries.

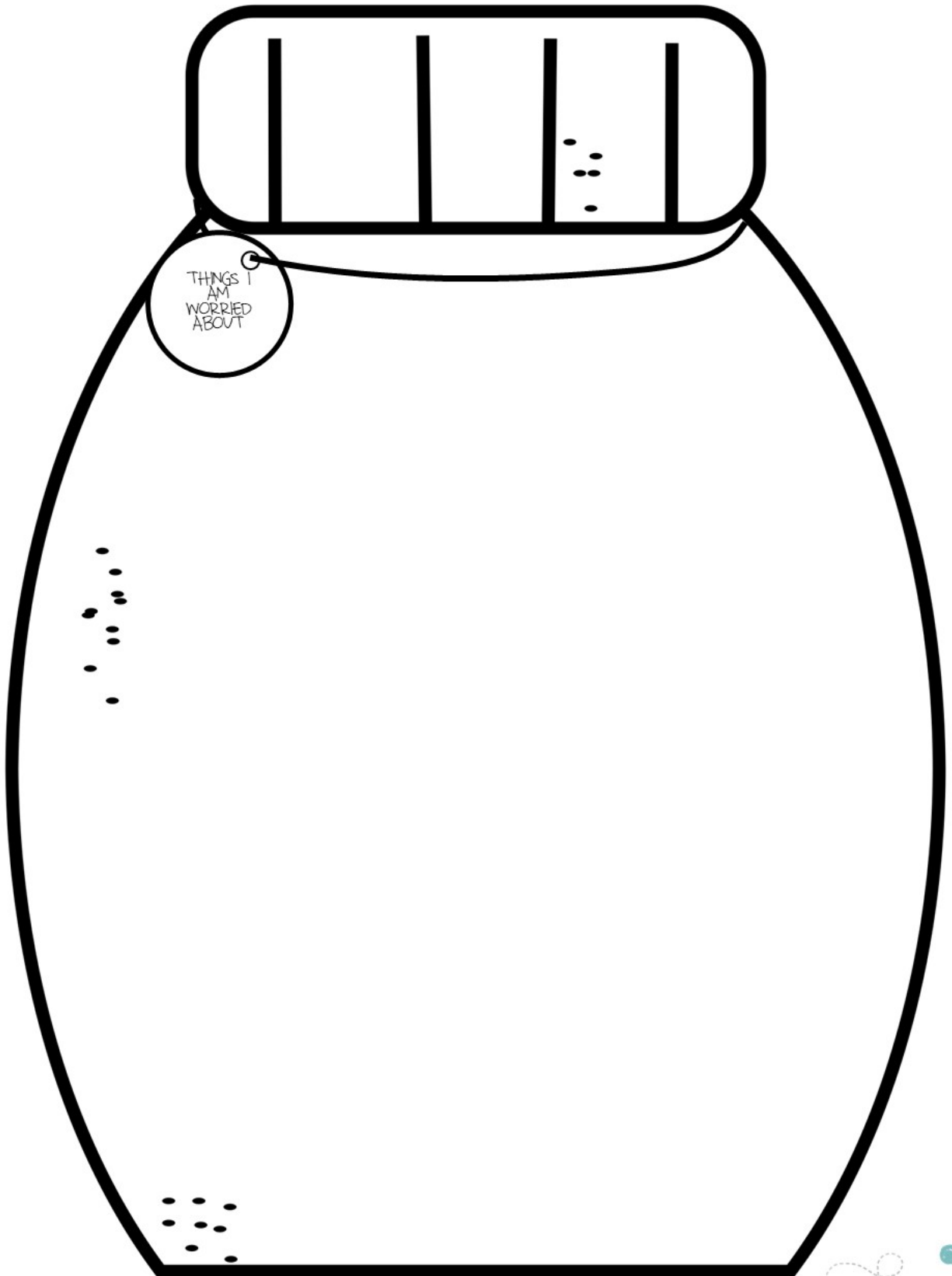
You could laminate these sheets and give children a dry wipe pen. They can write any worries down. You can help them address those worries if needed or you might find the fact they are writing them down is enough.

Below is a label if you want to make a real worry jar. The name is editable. Just click on the grey to edit.



JAR OF WORRIES

Fill the jar with all the things you are worried about
right now



JAR OF WORRIES

Fill the jar with all the things you are worried about right now.

THINGS I AM WORRIED ABOUT