

# WORRY JAR WORKSHEETS



**TATF**  
THEY ARE THE FUTURE



# Worry Jar

## THE BENEFITS OF THIS EXERCISE



The worry jar exercise gives your child a sense of control over difficult emotions, and over time will build a vital life skill. The ability to set worry aside and manage it in this way will have lasting positive effects on their mental and emotional well-being.

Stay consistent with the worry jar exercise. You need to do it for at least 2 weeks before it becomes a healthy habit.



# INSTRUCTIONS

1. Start by explaining to your child what a worry jar is and how it can help them manage their worries and strong emotions.
2. Print out the blank worry jar worksheet (page 5) and give it to your child.
3. Support your child to cut out the worry slips provided on page 4. Ask your child to write down their worries on the worksheet. Encourage them to be as specific as possible.
4. Once your child has written down their worries and cut them out, use glue to place the worry slips "into" the worry jar.
5. Explain to your child that the worry jar is a safe place to keep their worries. Put the worksheet in a safe place. They can leave the worries here and don't need to keep them inside their heads. Explain that they can come back to it whenever they need to.
6. Encourage your child to talk to you about their worries and emotions, and remind them that it's okay to feel anxious or upset sometimes (see the [article on worry jars](#) which accompanies this worksheet for more guidance).
7. Repeat the worry jar exercise at least once a week. Take time to look back at previous worries and reflect on what has happened with these worries. Did they go away? Did they shrink? Use the worry jar worksheet as a tool for ongoing conversations with your child about their emotions and how to manage them.

# -----'S WORRIES



Blank writing area

Blank writing area

Blank writing area

Blank writing area

Blank writing area

Blank writing area

# 'S WORRY JAR



EXAMPLE:



# MAELYNN'S WORRY JAR

Sophia will stop wanting to be my friend

Someone might break into our house and hurt us

I won't cope with the school trip and I will want to come home.

I am worried I will get in trouble at school for being bossy

# General Notes



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