

YOU'VE
BEEN
MISSED

The Worry Box – Practical activity for parents and carers

Sometimes it can be hard to talk about things that make us worried.

One technique that might help your child to deal with their worries or concerns would be to make a 'worry box'. Simply put, a worry box is something physical children can use to put their worries in!

They can write or draw the things that are upsetting them and put it into the worry box and at the end of the day/ week you can go through it together. In this way, a trusted adult would know how they are feeling and will be in a better position to support them.



Why don't you try making your own -

you will need:

- An old box
- Pens/ markers/ paper and things to decorate with

1
2
3
4

FIND A BOX

Find something for your child to use as their worry box (try to reuse something you already have available, like a shoe or tissue box or even a hot chocolate tin!)

WRAP IT

Your young person might want to cover their box with some white paper so they can decorate it

ADD A SLOT

Optional: An adult can cut a slot at the top of the worry box so that they can post their worries into the box

DECORATE!

They can decorate the box however they like. They can write their name, draw their favourite things or cover it in decorations. They might even want to draw a monster and call it their Worry Monster that eats all their worries



YOU'VE
BEEN
MISSED

The worry box can be used as a tool of communication between you and the child. Children can find it difficult to express how they are feeling and talking about emotions can be daunting for them. The worry box enables them to express how they are feeling without having to talk to you about it directly.

The child can use the worry box whenever they feel they need to do so. You can encourage the child to use the worry box but refrain from being forceful about this; it is especially important that the child feels empowered to share their feelings rather than being forced to.

While the child is making their worry box, you may want to talk to them about how they would like to use it, for example where in the home would they want to put it? What would they like to happen to their note- would they like you to talk to them about the note, or would they like you to write a note back?

Ensure it is checked regularly as the child may not want to tell you that they have posted something in their box. It can be helpful to have a set time that you do this and set a reminder on your phone so you don't forget! When a child has posted a note in their box, it is important that you praise them for using the box and sharing their feelings with you and to not judge their worries. After you have discussed the note with your child, you may want to do a nice activity with them afterwards.

For more information check out bwc.nhs.uk/youve-been-missed

Please note: *complaints of physical illness should always be taken seriously and medical advice sought. If a medical examination reveals no abnormalities, the problems persist and you suspect anxiety, please discuss this with your child's GP.*