

All about Me Worry Box Activity Pack

Instructions

This Worry Box Resource Pack can be set up as a permanent resource in your setting to encourage the children to share their worries. The idea is that your children can write down or draw a picture of any worries that they might have on a card. This could either be anonymous or the children could add their names. They can then post their cards into the Worry Box. Staff can look at the children's worries and address them with each child individually or as a circle time activity, dependent on what is most suitable for each child's worry.

To set up your Worry Box, stick the Worry Box Label on to a large box. Then, cut a hole in the box for the children to post their cards into. Add the Worry Box Posters to decorate it.

Print and cut out some Worry Box Cards and leave them next to the Worry Box, together with some pencils or crayons. The children can then write or draw on the cards and post them, ready for the adults to address.

