



Worry Jars

PURPOSE //

- Help students get worries off their minds for a while
- Explore coping techniques others use to ease their worries

OBJECTIVE //

- It's normal to have worries, but sometimes we need help getting them off our minds for a little while. By writing our worries down, we allow ourselves to focus on other things (like school!)
- We can then find a better time to review our worries and think about solutions
- Learn what others do to ease their worries and try something new

INSTRUCTIONS //

Materials

- Poster Board or Sticky Easel Pad Paper
- Sticky notes
- Markers

Application

- Ask students to write down any worries they cannot get off their mind on sticky notes and post them to the worry jar
- Ask students to write down something that helps them relieve their worries on sticky notes and post them on the "comfort" jar

Assembly

1. Draw 2 jars (example below) on the board or paper
2. Title them "Worry Jar" and "Comfort/Peaceful/Calmness Jar"
3. Write down the instructions for each jar (example below)
4. Place them on a wall/door reachable to students

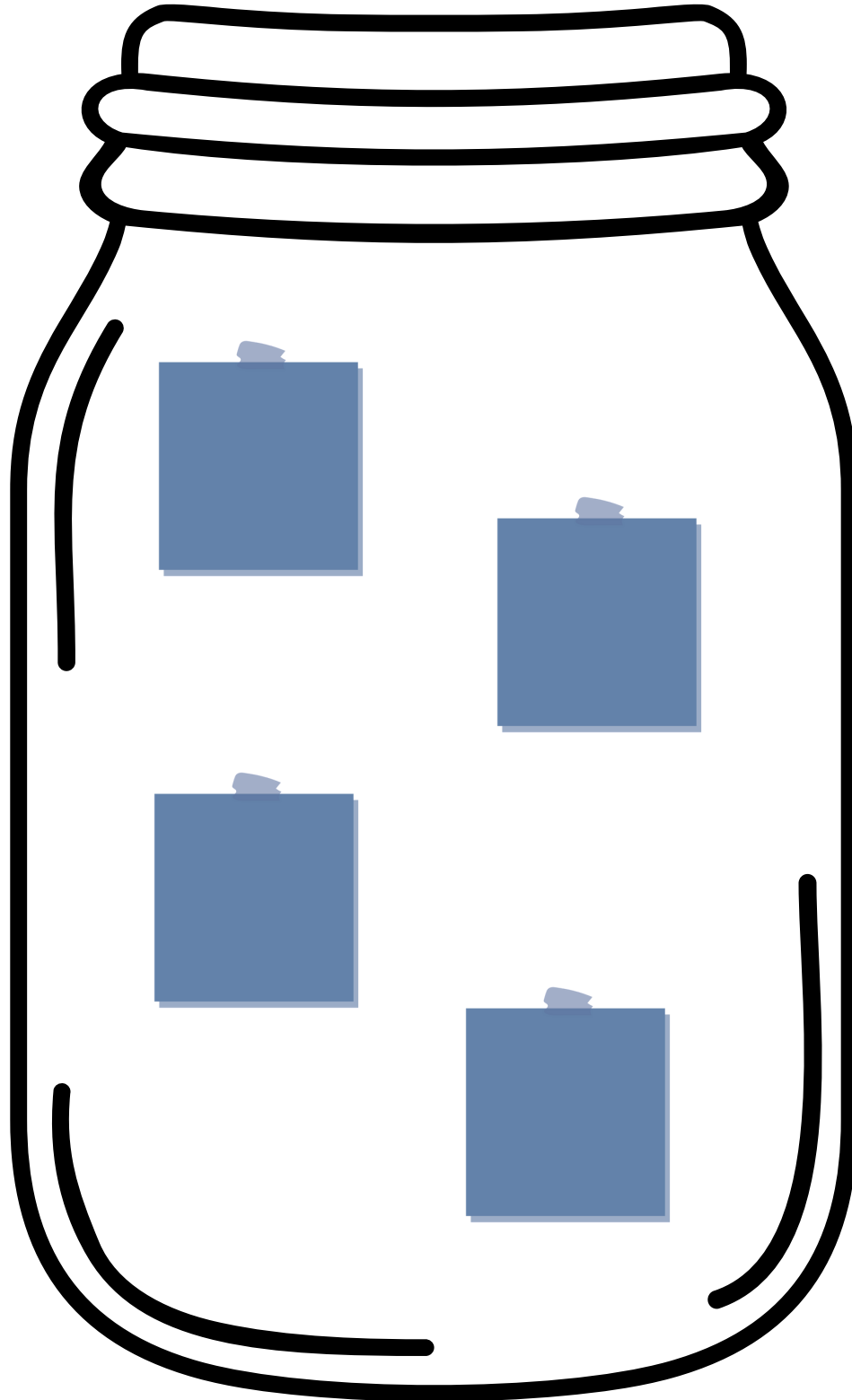
Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:



WORRY JAR

Write down some of your worries, or things that you cannot get off of your mind. Put your worry in the jar. Take a moment to pause and think.



COMFORT JAR

Share something that has worked for you in the past to relieve your worries. Other peers can benefit from your ideas!

