My worry bag

Try to read or listen to the book 'The Huge Bag of Worries' – perhaps you will find it on YouTube. If not, it doesn't matter, you can still make your own worry bag. A worry bag is a great way to sort out all the things that are bothering you, so that your worries go away, or at least are less of a nuisance.

You will need a bag, and a pile of cotton wool balls or scrunched up tissues. Start off by choosing a bag: it might be a paper bag, a gift bag, or even a bag you have made yourself. Colour or decorate it so that it makes you feel good. Use your favourite colours or patterns.

Now think: What things are making you feel worried or scared, or upset you?

Say each worry out loud as you pop a cotton wool ball or scrunched up tissue into the bag. Every worry has its own cotton wool ball or tissue.

Now you can decide what to do with your bag:

- As you put the cotton wool balls or tissues in, tell someone what each worry is – sharing your worries really helps to sort them out and to squash them.
- Give your bag to someone special to look after for you, so that you don't need to think about your worries any more.
- Once your bag is full you could just put it in the bin and get rid of all your worries that way.