

## Mrs Hanbidge's Emotional Literacy Group Work

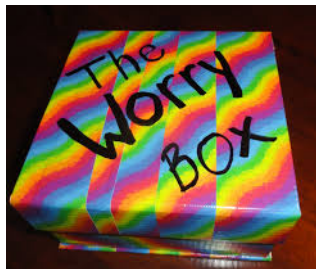
Hi, everyone,

Just in case you don't know I have put some Emotional literacy worksheets and information on the school website. Go to home learning, scroll down to Emotional Literacy and you will find lots of resources and activities.

Today I thought I would share with you an fun and creative activity. Because you are stuck at home I thought it would be a great idea to make a worry box or jar. A worry box is good way to manage any worries that might be upsetting you.

First you must tell a trusted adult you are doing this so they can help. They will open the box once a day and read your worries so you can talk about it and find a way together to solve your concerns.

- Step 1. You need a small box, shoe box or jar with a lid
- Step 2. Decorate the box or jar however you want, its your box
- Step 3. When you have a worry write it down on a post it note or scrap of paper and pop it into the box.
- Step 4. Be realistic (be sensible) with your worries. This box or jar is for worries that are really upsetting you. Keeping you a wake at night or making you feel sad scared or lonely.



**Note to Parents** Check the worry box or jar each day. Take the notes out of the box and see if your child still has those worries. If they do, place them back in the box; if they don't, have them rip up the paper and throw it in the bin. Discuss any worries that have remained in the box. Talk and work together and to find solutions. No worry should be dismissed as silly!

A '**worry box**' acts as a metaphor for the things that are making your child anxious. ...  
So a **worry box** helps to symbolise the idea that these anxious feelings are simply thoughts that we can distance ourselves from.