

# Safe Worry Jars

Fill in your 'Worry Jar' on the other page.

Then if you would like to, you can add these flaps on to the front of your jar to cover them up.

## To add the flaps:

- ① Cut out all of the dotted lines.
- ② Firmly fold the glue tabs on the solid line.
- ③ Glue each tab and with it still folded on the line, stick on to each part of your jar.
- ④ Then when they are all attached, draw on the outside a design for your jar.

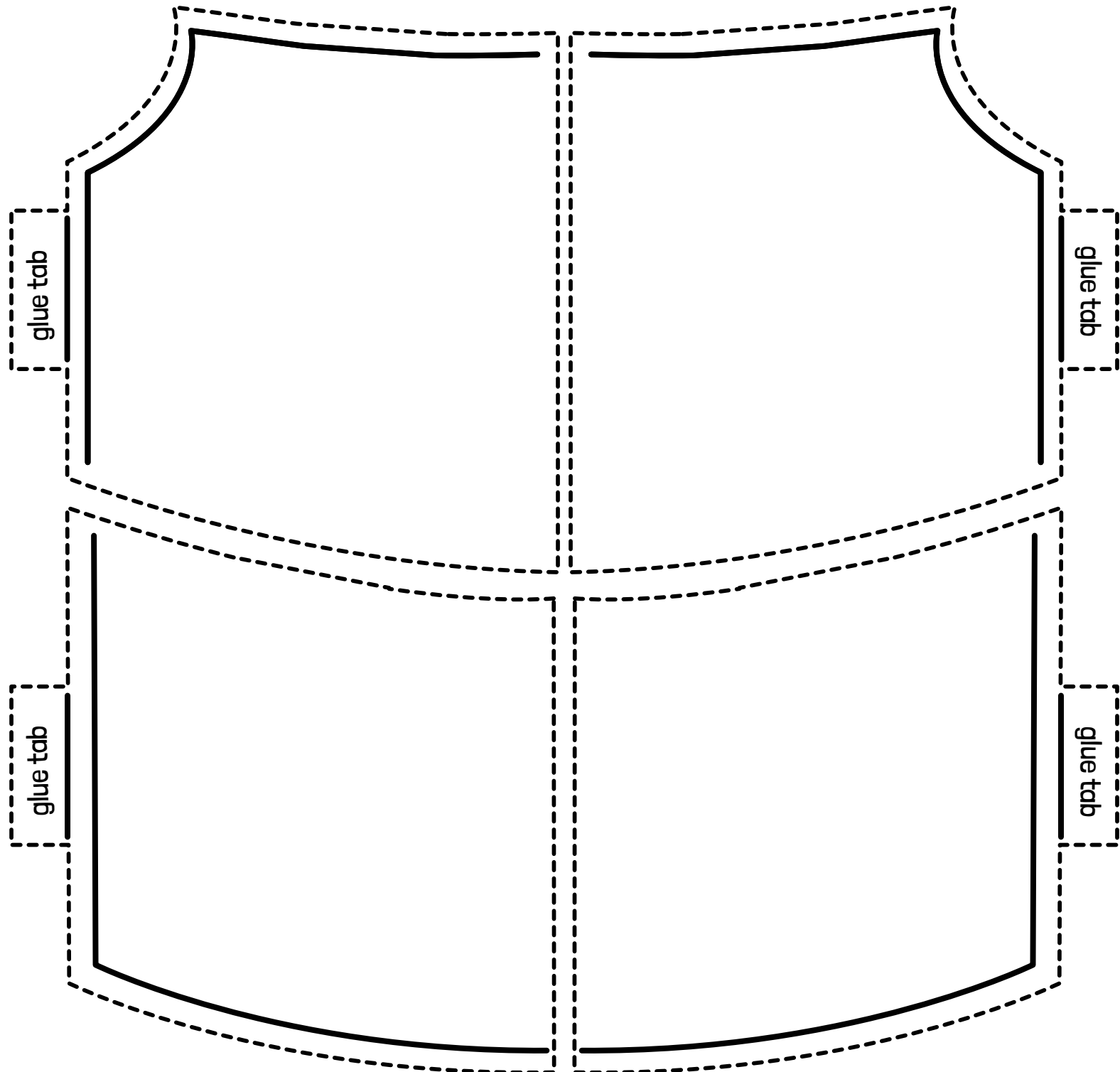
## What will you decorate it with?

Pencils? Pens? Glitter? Paint?

## What would be inside your jar?

Jelly beans? Candy floss? Precious gems?  
Treasure?

**The choice is yours! :)**



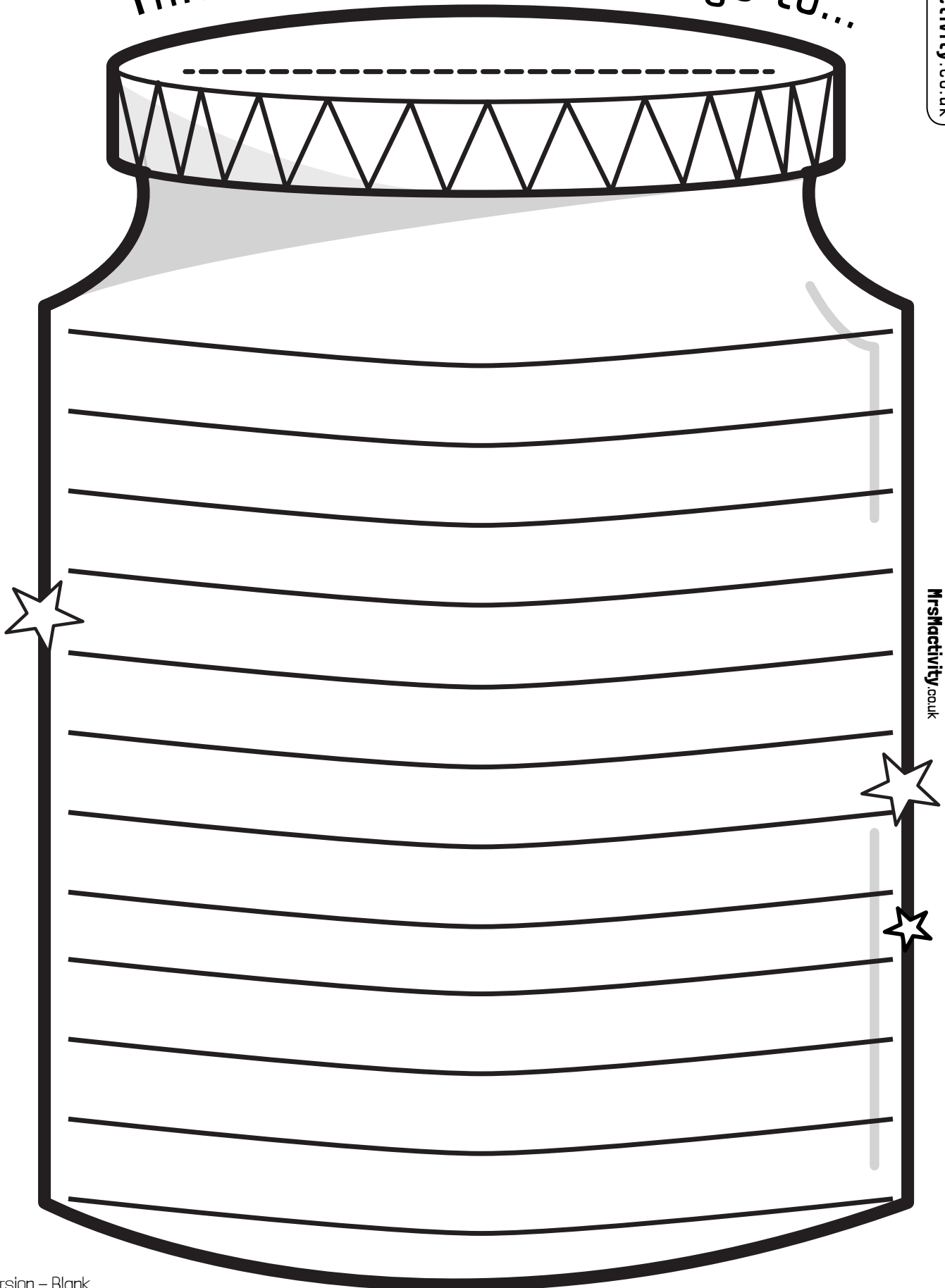
**Let's put all of your current worries into this jar. They can be safely kept away on a shelf.**

Worries are normal – they help us think but too many of them all the time can make us sad.

You can then pick a time in the day where you can open the jar and read these thoughts.

**Take a break with this jar.**

**This safe worry jar belongs to...**



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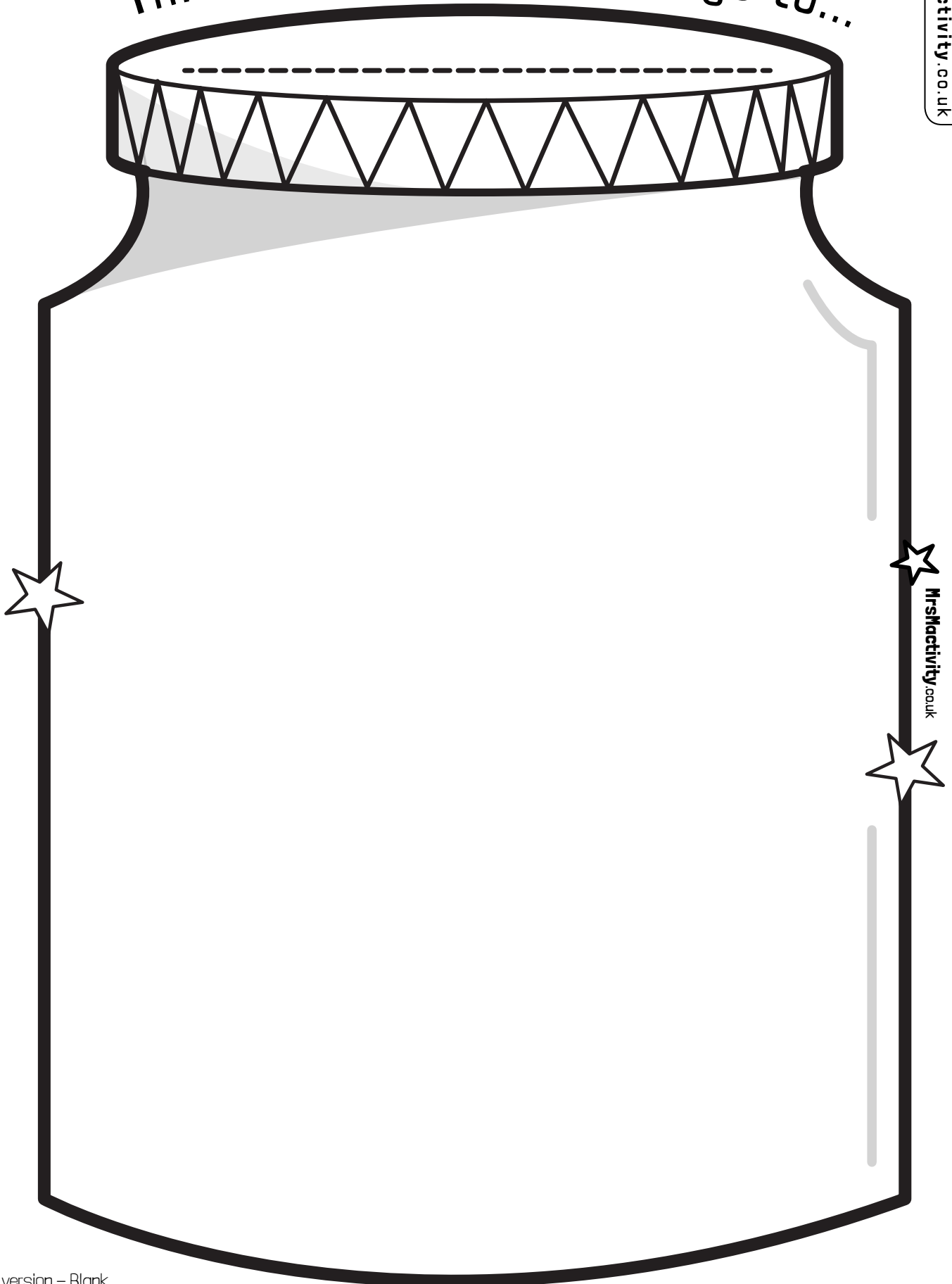
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