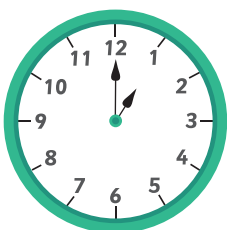


Worry jar

A Worry Jar is a special place to store your worries, so they don't stay on your mind all day. **Write or draw your worries inside the jar.** Set aside **10 minutes** each day as your **Worry Time** to look at your jar, think about your worries, and talk to a trusted adult if needed.



Choose a time
each day for your
Worry Time.

Write or draw your worries inside the jar.





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