Name: _____ Date: _____

# MY WORRY JAR

A worry jar is a useful tool that can help you express your worries and anxious thoughts. What are some things that make you feel worried? Write them in the jar below.



Think of a special time each day when you will open your worry jar and read your worries. You can do this with someone you trust.

What time will you open your worry jar?

Who is going to be with you?

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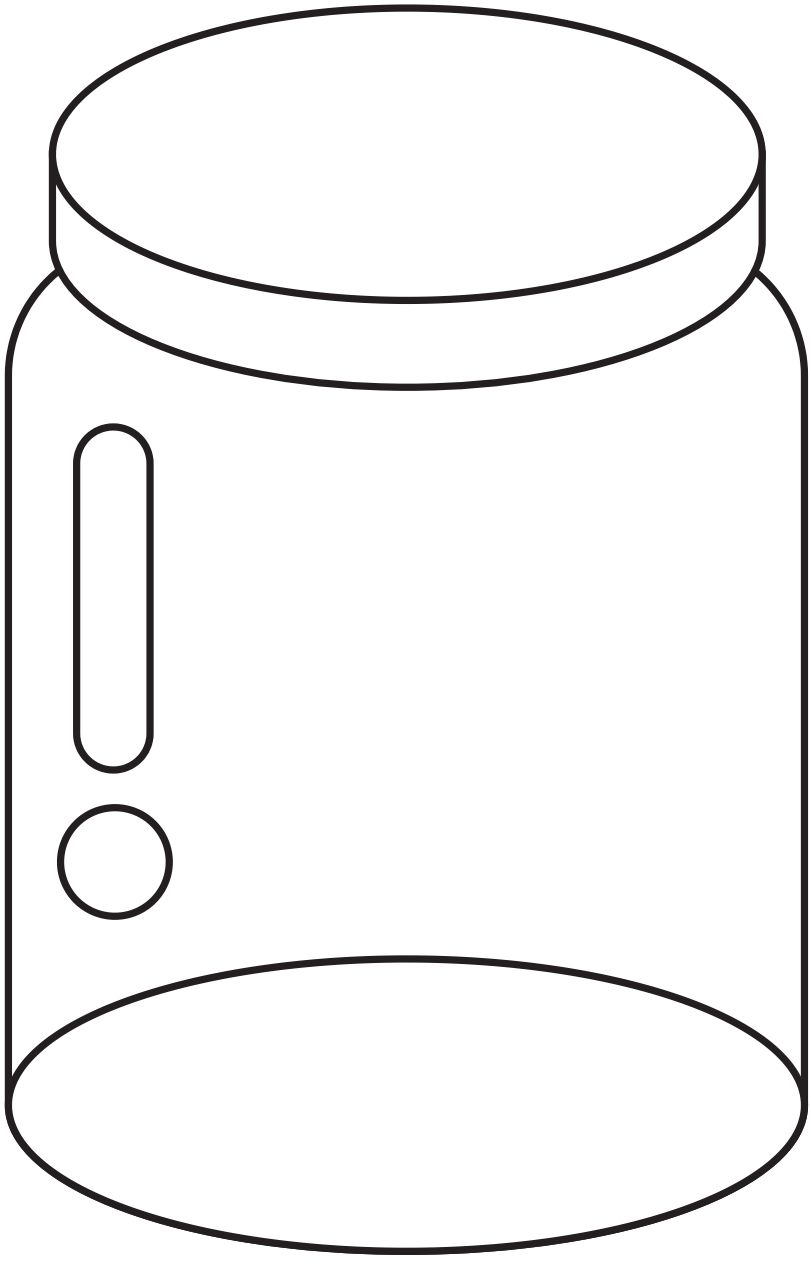
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