



GREAT
ORMOND
STREET
HOSPITAL
CHARITY

The
POWER
of
PLAY

Helping children through life's challenges

Sometimes I am Worried

Endorsed by Dr Janet Rose

In the book Lucas and Maya talk about their worries and draw them on pieces of card. They drop the cards into a box to help put their worries away.

This activity will help your child with:

- Sadness and worry

What you need:

- Sometimes I am Worried book
- Glue or sticky tape
- Paints and decorations
- Paper and pencil
- An empty shoebox
- 1 hour



Making a worry box

Instructions

- 1** Write a label for your box.
- 2** Cut it out and stick it on your box with glue or tape.
- 3** Decorate your box with paints, stickers or anything else you can find.
- 4** When you have a worry, write or draw it on a piece of paper.
- 5** Put the paper in the box and as you do it say, "I'm putting that worry away."



Tips for parents and carers

- Encouraging children and young people to express and explore feelings can be overwhelming.
- Sharing worries can help children and young people figure things out. Drawing what the worry looks like can be the first step to helping them find the right words.
- Acknowledge that it's normal to feel worried and we all do sometimes.
- Use this activity to start the conversations around not having to carry or hold onto lots of worries.
- All worries are important to acknowledge. It's not about the size of the worry. For children, in the moment, they're all big worries.
- There is no pressure to open the box and read the worries. This activity is more about having the conversations and creating the safe space to do so.
- Be calm and reassuring when children share their worries. Try not to look shocked or alarmed.
- If they do want to read the worries, set clear rules around how and when this will be done.



This activity has been created by the Play team at Great Ormond Street Hospital to provide parents with tips and advice on how play can help children cope with every day childhood challenges. For more information visit gosh.org/play

