Holly Rahn

Helping Anxious # 10-B

**Lesson Plan**

**Making a Worry Box**

**Objective**

* To help anxious students recognize their worry thoughts.

**Supplies**

* Cardboard box - small with a lid
* Duct tape - various colors and patterns
* Markers
* Paper – cut into small pieces

**Directions**

1. Start by having the students choose the duct tape they want to wrap their box in.
2. Then allow the students to wrap all the outer sides of their cardboard box and the top and sides of the lid with the duct tape.
3. Once they are done covering their box and lid, they need to use a marker to write “Worry Box” on the top of the lid on the box.

**Discussion**

After the students have completed their worry boxes, have a short discussion about worry thoughts and how to recognize those thoughts.

1. Then have the students choose one worry thought that they have in their mind and write it down on a small piece of paper.
2. Then they put that small piece of paper in the worry box.
   1. Explain to the students that by putting their worry in the worry box, they are symbolically taking it out of their minds and putting it in the worry box to hold. So they have one less worry in their mind.

These boxes can be used over and over again. Anytime the student has a worry thought, they can take the thought out of their mind, put it on a small piece of paper and put it in the worry box. Hopefully the students will use their worry box anytime they have a worry thought in their mind.