

# Suggestions for using grid with 'worry box' or 'worry monster'

- Print off a copy of the grid. You could stick it onto a piece of card or laminate it. Your child may enjoy decorating it with pictures or doodles around the edge
- The worry box/monster should be somewhere that the child has easy access to such as their bedroom.
- Your child is encouraged to write worries on a piece of paper at any time, and put the paper into the box/monster.
- At a time agreed between you and the child, take the worries out of the box/monster and read them together. Do this at a time when you are not feeling rushed or preoccupied with other things.
- Have the grid in front of you.
- Encourage the child to say which category the worry could be placed in... it may be that it belongs in more than one category, but encourage a choice of one which is the most relevant. It's ok to gently negotiate if you think another category could be more appropriate.
- Primarily encourage the child to find their own solutions or ways to manage these worries. Offer your own suggestions second.
- When the worry has been dealt with, the child chooses how they would like to get rid of the paper. They might scribble over it; tear it up; put it straight in the bin; maybe different methods for each worry.
- The pieces of paper should all be got rid of in some way. If the child feels that the worry will soon come back, they can write the same worry again as many times as they wish.
- Don't feel under pressure to find a permanent solution to every worry. It's ok to say that we will think about it or come back to it. The sharing and communication of the worry is a big part of the solution.
- After going through the worries, you might want to do a different short activity together. This could be playing Rock, Paper, Scissors, reading a few pages of a book, singing a song. This might be useful in punctuating that it's time to leave the worries for now.
- You don't necessarily need to have long conversations about each worry. aim to keep these sessions brief, so that they are easy to fit around other activities. Some issues of course may need longer exploration, but ideally make this the exception.
- Aim to go through the worries at least every 2-3 days initially
- These are only suggestions, allow your child and yourself to be creative and find your own ways to work with the worry box or monster.

## **Aims of the activity**

- Showing the child that you are taking their worries seriously
- Encouraging the child to develop their problem solving skills
- Developing emotional resilience
- Developing self awareness and reflective thinking
- Building trust and closeness

I would love to hear any feedback, please let me know how you get on!

**A worry that I can  
do something  
about**

**A worry that  
adults can help me  
with**

**A worry about  
something that  
can't be changed**

**A worry about  
something that is  
very unlikely to  
happen**