

“I feel worried”... let’s make a worry eater

What you will need:

- Tissue box
- Art and craft materials
- Paper or card
- Glue
- Scissors



How to make a worry eater:

- Find an empty tissue box
- Decorate it with paint/paper/card/sequins/pens
- Cut out some teeth and stick it to the inside of the hole in the box
- Stick on some googly eyes

How to use a worry eater:

Talk to your child about things that worry them. Encourage them to write or draw pictures of things that make them feel worried and put them into the worry eater’s mouth. Tell your child that the worry eater will look after their worries, so they don't have to, e.g. whilst sleeping or at school.

Encourage your child to tell you when they have put a worry in the box and ask them if they feel able to share this with you. It is helpful to keep the worry eater somewhere safe and accessible to your child, so you can revisit the worries in there with them.

Throw away any worries that they no longer have.