

Worry Jar Craft

- 1) *Choose any size jar with a lid.*
- 2) *Decorate the outside of jar with anything that is colorful and makes you happy, such as stickers, feathers, beads, string, or small pictures.*
- 3) *Write down anything that makes you worry on a small piece of paper and fold in half. Repeat with any other worries you have.*
- 4) *Talk to an adult who you trust about your worry, if that makes you feel comfortable.*
- 5) *Put the folded papers into the jar and add more worries any time you feel like it.*
- 6) *Keep SHINING with your heart!*

