

Bottled up feelings

Children often find it difficult to express or verbalise their worries and fears. This activity can help your child to explore their feelings with you while also visually disposing of them which can prove very powerful.

You will need

- A jar with a lid
- Paper
- Scissors
- Pens/felt tips/crayons

Activity

- Cut paper into different sizes (smaller pieces for little worries larger for bigger worries)
- Using pens/felt tips/crayons ask your child to either write or draw any worries or fears on the pieces of paper (you can do this at the same time to demonstrate/model but if you do have your own jar to place them in).
- Place each worry in the jar and put the lid on it.
- Talk about what you can see in the jar for example it might be full up, overflowing, half empty relating it to how your child may have felt before and after placing worries in the jar (it's important to acknowledge their worries however big or small)
- Ask your child if they would like to get rid of any or all their worries (pieces of paper).
- Your child can destroy pieces of paper how they wish; throw in the bin, rip up, colour or black out, if using felt tips place in water.
- Reflect on the now empty jar; what it looks like, again relating it to how your child feels after getting rid of their worries.

* Your child can place a worry inside when they need to, you will see their jar and know when to encourage a discussion and emptying of the jar.

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