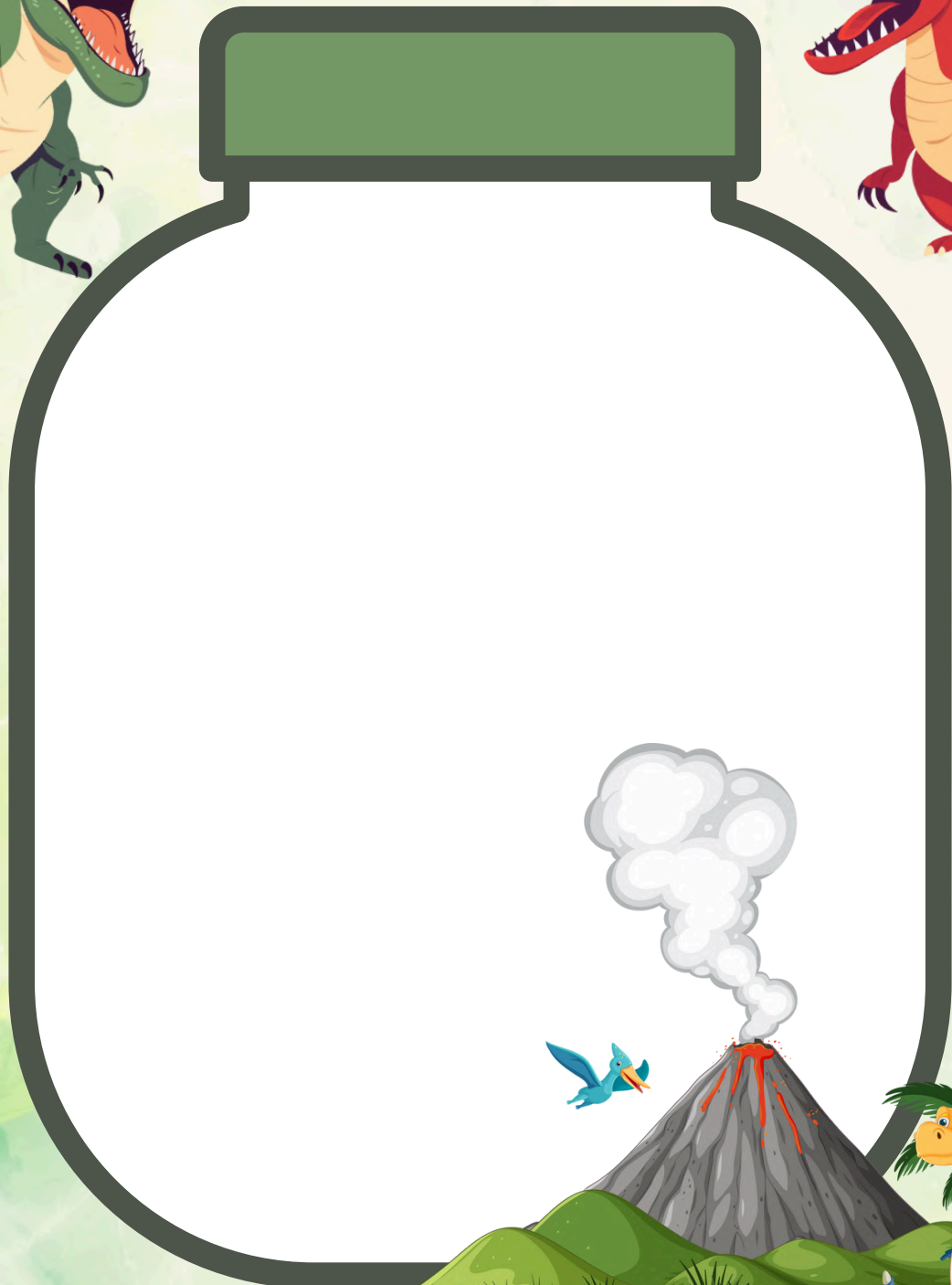


MY WORRY JAR

Sometimes worries feel big, but you don't have to keep them in your head. Write or draw your worry and put it in the jar. The dinosaurs will guard it and make sure nobody opens it!

Now you can let it go!



See Our Websites for More **Free** Resources

1 www.socialworkerstoolbox.com

www.SocialWorkersToolbox.com

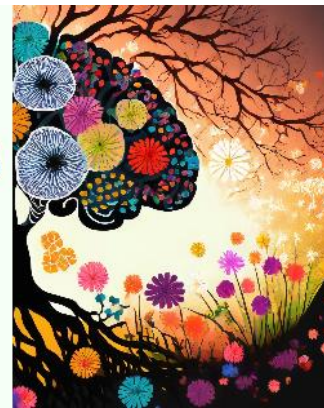
Free social work resources for direct work



2 www.anxietyhelpbox.com



www.AnxietyHelpBox.com
Free Anxiety Tools & Resources



3 www.feelingshelpbox.com

[www.FeelingsHelpBox.com](http://www FeelingsHelpBox.com)

Free Emotions & Feelings Resources



©Edita Stiborova (2025) This document can be used at no charge by individuals and not-for-profit organisations for their work with families and/or training as well as uploaded to other websites providing that no changes are made to its content.