

Worry Box



a seriousfun camp



Materials

Shoe Box
Slips of Paper
Candy
Decorations
Scissors

Directions

- 1) With an old shoe-box (or any box), create a small hole using scissors.
- 2) Decorate the box with markers, paper or any other fun items lying around your home.
- 3) Every time you have a worry or a bad moment, write it down on a slip of paper.
- 4) Fold up your paper and put it in the box - letting go of your worry.
- 5) Add candy to celebrate all the sweet moments in life!
- 6) (Optional) Pick a day you'd like to set your worries free. With supervision, destroy the box to get rid of your worries, leaving only the sweet candy to be enjoyed.

