

# EarlyON Child and Family Centre

## Worry Box

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#### What you will need:

- Tissue box
- Tape, glue, scissors
- Markers, crayons
- decorations: recycled paper, wrapper paper, stickers, pipe cleaners, pom poms
- sticky notes or loose paper to draw/write down your "worry."



#### Directions:

1. Cut out the plastic part of the tissue box. This slot or mouth will allow you to add your worry notes/ stickies into the box.
2. Let this box/ monster be your child's creation! Have fun decorating and customizing your worry box/ monster.