

Bottling Thoughts

Students write their worries in each space in the bottles.

Encourage them to think about times they worry about, places they worry about, situations and other things that make them worried.

They could divide the worries into big worries, small worries and tiny worries in bottles – or divide into places i.e. worries at school, worries at home, and worries in other places.

This can then be used in conjunction with “worry time” (see Worry booklet in the previous Background Reading and Useful Information section). The young person can get out the bottled thoughts at the designated time and only worry about them at that time. This activity can be adapted by using a real bottle, which is kept in a safe place.

This is good for children who have a lot of worries or are anxious. These may be sensitive issues for the child and can be very useful in identifying what causes them the most worry.

Bottling Thoughts

Write in the spaces:

- Things you might be keeping bottled up
- Things you might be worrying about
- People you might be worrying about
- Things that scare you
- Times you feel anxious

