**Using a Worry Box**

This can be a valuable tool to support managing anxiety and worries and teach pupils how to give worries away.

* Many pupils with autism worry about things that can affect them for the whole day.
* The main principle is that pupils decide who the worry belongs to and gives it to them e.g it’s the teachers job to worry about the behaviour of other children so the child can give that worry to the school box.

|  |  |  |  |
| --- | --- | --- | --- |
| MC900391290[1] | MC900391290[1] | MC900391290[1] | MC900391290[1] |
| **school** | **home** | **named person** | **nobody** |

* Pictures of the boxes can be cut out, and made into a key ring.
* ![MC900326826[1]]()Write on each box a person or place i.e. school, home, keyworker’s name. Each box is given a name so when worries are given away they can be literally given to someone else.
* Talk to the child and help them to work out who the worry belongs to e.g. it’s schools job to make sure there are enough teachers, it’s the carer’s job to worry about dinner money.
* Support pupils to visualise putting the worry in the correct box and putting the lid on.
* This will need to be practised over and over.
* One box needs to be the NOBODY box. This is for when situations arise that nobody can control e.g. snow, ice, a bus or train being late etc. Nobody can control these things so the worries go in the “nobody” box.
* Always encourage the pupil to visualise the lid going on the box, then the worry is put away.