

## Families - Worry Box

You will need:

- any kind of container - a box or jar or tub with a lid
- some paper and pens or pencils

Instructions:

- Label the container 'Worry Box.'
- Tear or cut off a piece of paper and write or draw the things you are worried about on it. You can do as many as you like.
- When you are ready put your worry or worries into the box and as you do it, imagine you are giving those worries to God as a gift. God loves to hear from us and anything we give him from our anger to our joy or sadness is like a gift to God. You could even put a pretty ribbon on your container.
- If more worries come up later, you can add them in as well.

In the bible it says "Give all your worries to Him, because he cares about you." 1 Peter 5:7

For ideas of how to talk about racism, read the story of The Good Samaritan in Luke chapter 10 verses 25-37. And have a think about who the helper and the neighbour in the story might represent in our world now.



Worry Box content adapted from [prayerspacespesinschools.com](http://prayerspacespesinschools.com)