

Jar Therapy

For either focus, you need to create your jar to begin!

You can use a jam jar, a coffee jar or a large glass storage jar. Feel free to decorate the jar however you wish. You could wrap the jar in paper, use paints or add accessories to it, such as ribbon, stickers and pom-poms. The jar needs to be personal to you and make you feel happy when you look at it. Take your time decorating your jar.

Positivity Jar

This jar can be filled with positive words, comments or affirmations. The purpose of the jar is to use it whenever you are feeling sad and need to remember all the positive things about yourself.

Write or draw on slips of paper all of the amazing qualities you recognise about yourself. The adult you are with may have some positive slips that they want to complete about you as well. These can all be added to your jar.

Once you have completed your jar, try to look at it every day for a few minutes and remember how special and positive you are as a person. You could even give a jar to a special person. The jar could contain all the positive, special qualities that you love about them. Just reading the positive comments will help them to feel more positive.

Positive Affirmations

It is important to start each day with a positive thought as this thought can stay with you for the rest of the day. Focussing on a positive thought can help you feel happier and calmer. You can also share this positive thought with others, helping to make their day a little brighter too!

Let's choose a positive thought for the day.



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Worry Jar

Write down any worries which you may have. Fold each worry and put it in the jar. Once all the worries are inside, have your child close the jar. The next step is to schedule "Worry Time". Worry time is a set time of day when your child has permission and is encouraged to worry as much as he or she wants. This specific time serves as another way to contain the worries. The key is to remember that when worry time is over, you and your child know that the worrying must end for the day.

Choose 10-15 minutes a day after school or after supper (but not right before bed) and write down when worry time is on the worry jar (e.g., 4 PM to 4:15 PM). You may want to set a timer or alarm to notify your child that worry time has begun. Once worry time starts, your child can open the worry jar, look inside, and proceed to worry all he or she wants. Your child can choose to review all the worries or focus on one or two each day. Depending on the child and your child's developmental age, worry time can be spent alone or with you. To end worry time, have a timer or alarm sound to indicate that worry time is over for the day. Your child should close the jar to put his or her worries away.

Of course, it is normal for worries to come up at other times during the day. If a worry appears at another time, you or your child can write it down and "save the worry" for worry time. That is, remind your child that it is not the right time to worry and he or she can think about the worry at the next worry time.

By using the worry jar, at some point your child will likely tell you that he or she is no longer worrying about something he or she had previously put in the jar. This is the exciting part for your child as this discovery represents success at overcoming a worry! Celebrate these moments together and make a big deal out of it. Have your child remove the worry and rip it up.

Similarly, you may also notice that your child decides to skip worry time some days as he or she feels they don't need it. This is another sign of success to be reinforced and recognised!

