

Coming back to school after lockdown can evoke many different feelings in students. Having a worry box can give those who find vocalising these feelings difficult (and others) the opportunity to process and share their emotions in a safe, contained place.

Top tips for using worry boxes

Anything can be used as a worry box—most common is a small cardboard box that is brightly decorated (with help from children), with a slot to post handwritten pieces of paper

Ensure children know who will read the notes and how they will be responded to (e.g. staff will follow them up, or there will be no follow up)

Set up clearly when children can put notes in the box— is it easier to have one time when everyone is writing one, or can they put them in at any time during the day?

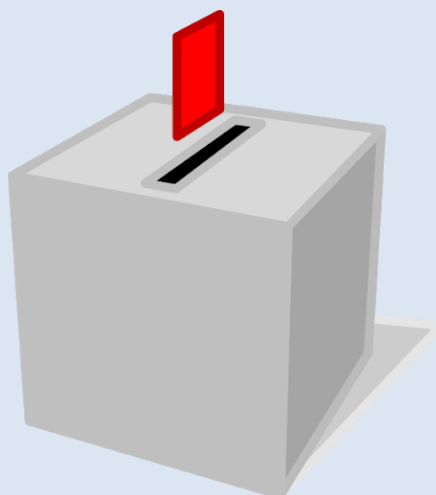
Ensure each child has access to small pieces of paper to write on

If a particular worry needs following up then consider a discreet check-in with the child

If a theme of topics comes up, or one topic that you feel may be sensitive to a particular child to follow up individually, consider doing a whole class discussion (see circle time guide)

Get the children's input on how to use worry boxes—they may want to use them during the return to school after lockdown in a different way, or more regularly than normal

Consider where in school and how many worry boxes to have—is one in a corridor best, or one in each classroom?



Talk to children about the worry box beforehand, in terms of it being normal to have lots of different feelings during COVID and coming back to school, and having the box as somewhere safe to 'contain' these feelings

Consider individual worry boxes/jars etc during the return to school and current uncertainty