



## Small Things Worry Box

Students will write down their worries on a piece of paper or multiple pieces of paper and put them in the cardboard box provided in order to help them understand the book "Small Things" better.

### Format:

- Individual

### Materials:

- Paper
- Pens, pencils, markers

### Instructions:

1. Write down prompts for students on the board:
  - What is something that is bothering me now? Why is it bothering me?
  - Is there anything that worries me about the past? Do I have any regrets?
  - What worries me about the future?
2. Instruct students to fold up their papers and put it in the box which can initiate a conversation about letting go of those worries by writing about it and taking away the power of their worries by acknowledging that we will always have worries but we can always find ways to let them go in our own time and in our own ways.

3. Facilitator can keep the box in the classroom for however long you want, students can be encouraged to let go of their thoughts throughout the year and at the end of the year the papers can be discarded in a shredder by facilitator and the box can be reused.