

## Worry Box:



# A Simple Routine to Help Children Sleep Better

Worries often pop up at the end of the day — especially when children are tired. Creating a family ‘Worry Box’ helps children feel heard and supported, while building important lifelong mental fitness skills. Try this simple routine to support your child to recognise and manage their worries.



### STEP 1: Make Your Worry Box

Sit down together and decorate a small box — a shoebox or tissue box works great. You can use markers, stickers, glitter, or googly eyes — anything fun! This makes the box feel personal and safe.



### STEP 2: Write Down Your Worries

During the day or before your bedtime routine starts, write down what you’re feeling worried about and place it safely in the box. Naming the worry helps release it.



### STEP 3: Check on Your Worries

In the morning, pull the worries out of the box together. If your child’s worry is still there, you can talk about it during a set ‘worry time’. If it’s not bothering your child anymore — celebrate! Rip it up and throw it away.



### STEP 4: Scheduled “Worry Time”

Try setting aside a regular time to talk through worries together — even just a few minutes. Choose a time that works for your family’s rhythm. This small routine can give children confidence that their feelings matter — and that support is always there.

Find more tools to build healthy sleep habits at [www.smilingmind.com.au/science-of-sleep](http://www.smilingmind.com.au/science-of-sleep)

