



Aldersgate E-SAP Activity Corner: Support & Resources for School Staff, Students and their Parents



Funded by the Montgomery County Office of Drug & Alcohol

We are living through an unprecedented time, and we are all feeling stress and anxiety.

Aldersgate Youth Services Bureau is committed to helping families manage these complex times. Located in Willow Grove,

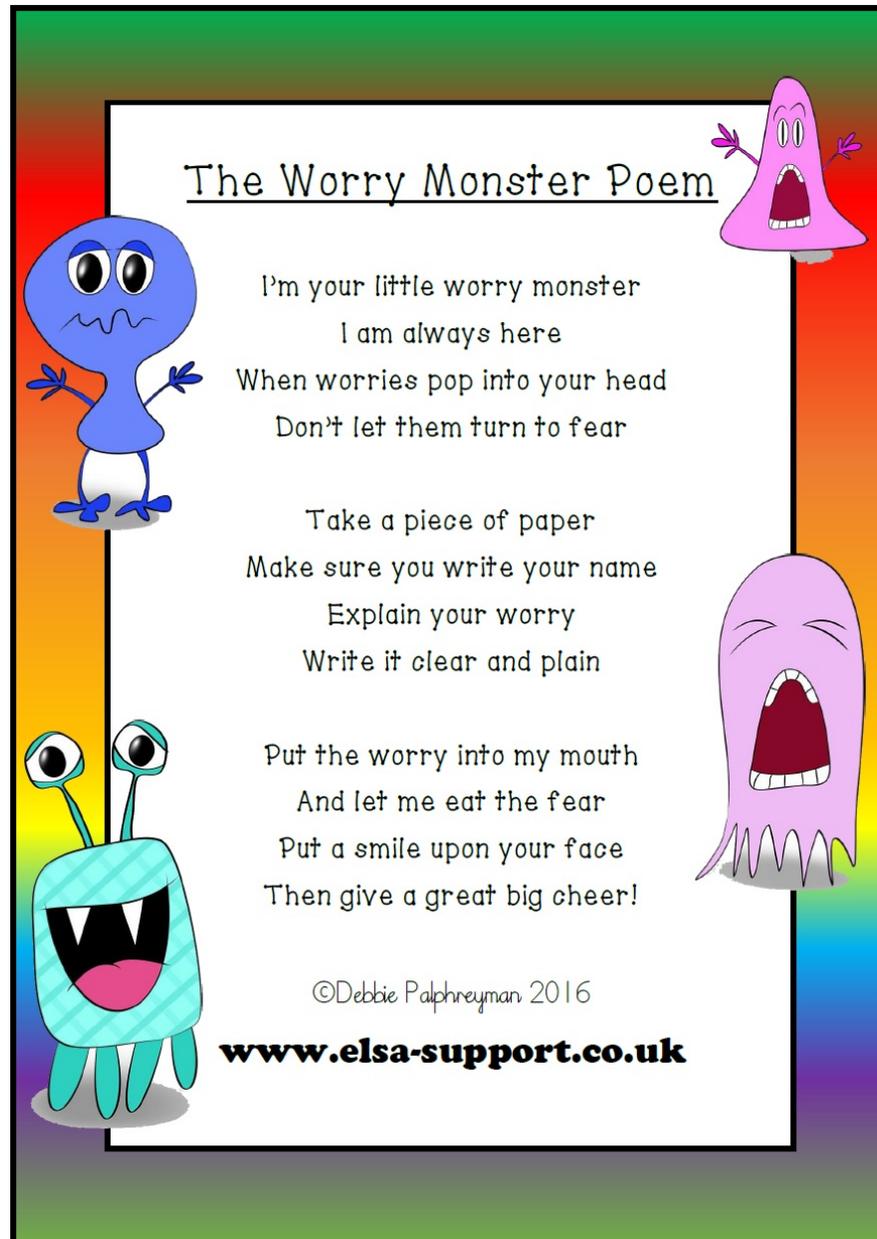
PA., Aldersgate offers counseling, behavioral health support, drug and alcohol prevention & intervention services, and school-based social and emotional learning educational programming. Aldersgate also provides Student Assistance Programming (SAP) in schools throughout Eastern Montgomery County. Each week, we will be helping families work together to manage this crisis by offering fun and engaging activities and useful resources to build positive family communication, help children recognize and name emotions, and identify appropriate coping strategies.



Aldersgate's Awesome Activities Edition 5: Creating a Worry Box

Children often feel worried and struggle with what to do with those feelings. Helping children identify and verbalize feelings, especially their worries, helps them manage those feelings effectively. We've compiled some examples of creating a "Worry Box" for children. The box can be created from anything – an old tissue box, a mason jar, or anything you have. Children can decorate the box however they would like, making sure there is a slot somewhere to place their worry. Whenever a child feels worried, he/she can write the worry down on a piece of paper and feed it to the worry monster or keep it in the box for safekeeping. You can also use the Worry Monster Poem below as decoration and as a reminder that the worry is in a safe place. By

externalizing your children's fears and putting them somewhere safe, you can help validate their feelings while placing them out of mind.



The Worry Monster Poem

I'm your little worry monster
I am always here
When worries pop into your head
Don't let them turn to fear

Take a piece of paper
Make sure you write your name
Explain your worry
Write it clear and plain

Put the worry into my mouth
And let me eat the fear
Put a smile upon your face
Then give a great big cheer!

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www.elsa-support.co.uk

<https://kristinamarcelli.wordpress.com/2015/01/23/the-worry-monster-who-eats-your-troubles-away/>

<https://copingskillsforkids.com/blog/coping-skill-spotlight-using-a-worry-box>

Visit Aldersgate's You Tube Channel next week for my storytelling posts for elementary students related to feeling worry and anger.

Aldersgate's You Tube Channel:

<https://www.youtube.com/channel/UCs4TTSvgHyMQvly3f1rzVKg>

Laura Shapella, M.Ed.

Aldersgate SAP Counselor/Liaison

Other resources for Mental Health Awareness Month:

NAMI National Association on Mental Illness www.nami.org

SAMHSA: www.samhsa.gov

CDC: <https://www.cdc.gov/childrensmentalhealth/features/anxiety-depression->

Aldersgate Welcomes Your Thoughts & Feedback

Survey

We Create Success Stories



If you are in need of support, Aldersgate Youth Services can be accessed by calling 215-657-4545 or @ info@aldersgateservices.org. If you are concerned about your child's level of stress or anxiety, it is important to seek help. You may want to contact your child's physician. If your child's anxiety is school-related, reach out to your school's counselor, social worker, or SAP team. If your child is experiencing a mental health emergency, please visit your nearest emergency room or call 911. Montgomery County Mobile Crisis can be reached at 1-855-634-4673.

Contact us for more resources:

Deborah Sapin-Feldstein, Executive Director

42 N. York Road, Willow Grove, PA 19090

Phone: 215-657-4545

Email: info@aldersgateservices.org

Visit our website

