

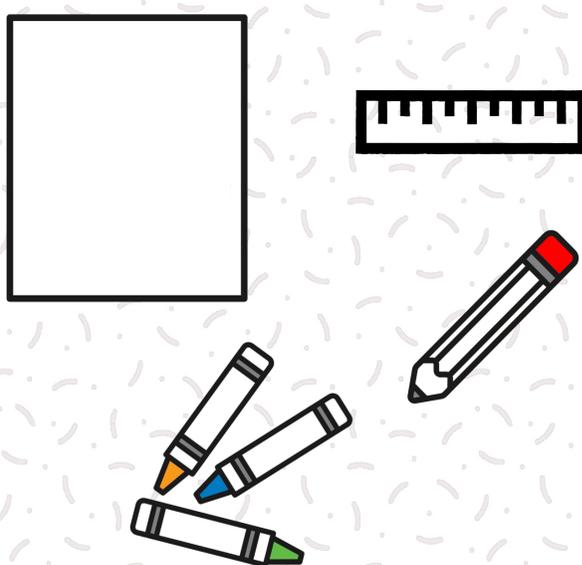
The Stress Bucket

Stress affects us all at times. The Stress Bucket can help you think if you are; looking or feeling stressed or if you know you have tests or exams coming up.

You can think of ways you can manage these stressful times.

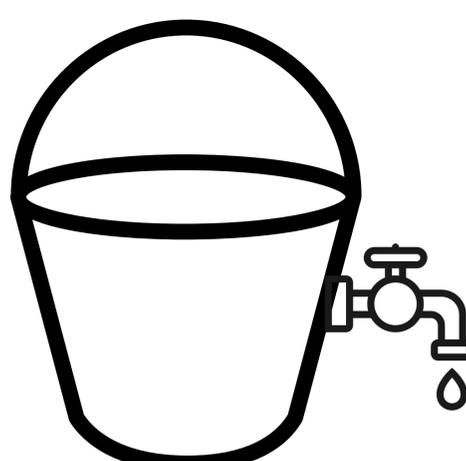
Things you will need:

- Paper or card
- Colouring pens and pencils
- Ruler

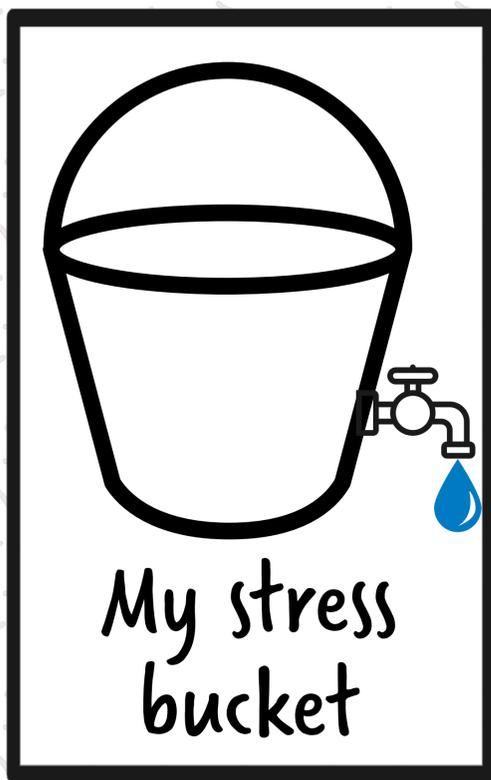


How to make a stress bucket...

- Draw a big bucket with a big tap on the side.
- Decorate the page with colouring/ stickers/paints whatever you have to make your bucket personal to you.



The Stress Bucket



The Stress Bucket can help you explain what stress is;

The bucket = You.

The water that goes in the bucket = any stress and pressure in your life.

Some things cause a small amount of stress (water) like being late or forgetting something, so only fill up the bucket a little bit.

Some things cause lots of stress (more water) like an exam, being bullied, someone being poorly.

These things fill up the bucket more.

There will always be things added to the bucket.

We have to find ways to stop our bucket overflowing – by looking after our mental and physical health.

We all need to learn how to release a little bit of water from our stress bucket.

We can use the 'self-care tap' = the things we can do to let water (stress) out and reduce pressure.

Using the Stress Bucket...

Think about some of the things that are causing them stress and worry.

Write or draw the things that stress you on the bucket. (You can add more over time).

Think of ways to stop the bucket 'overflowing' by turning the 'self care tap'- Like going to the park, playing a game, having a cuddle, getting rest, or talking to people you can trust.

Stick your bucket picture up somewhere for next time you feel stressed. Remind yourself that you can use your 'self care tap'.