

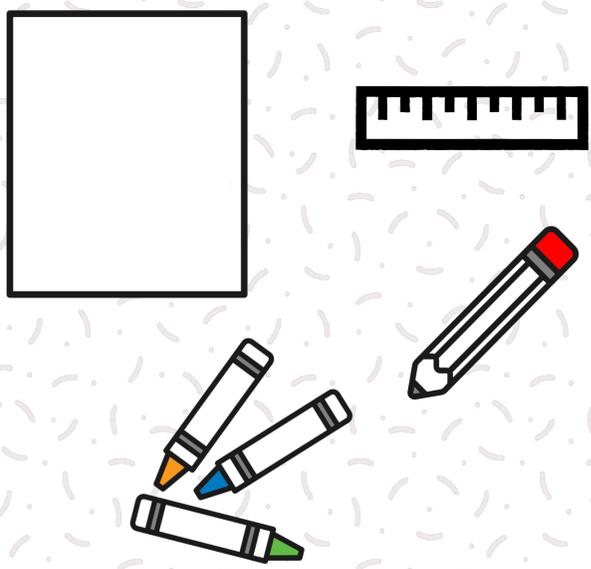
The Stress Bucket

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

You can help them think of ways they can manage these stressful times.

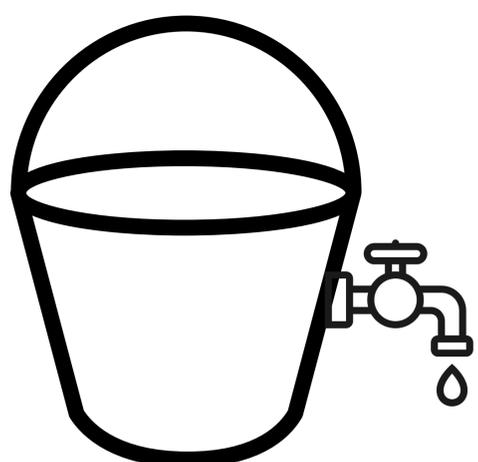
Things you will need:

- 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.
- Give your child a hand if they need it.
- Decorate the page with colouring/ stickers/ paints whatever you have for your child to make their bucket personal to them.



The Stress Bucket



My stress bucket

The Stress Bucket can help you explain what stress is;

The bucket = your child.

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

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

Get them to write or draw the things that stress them on the bucket. (They can add more over time).

Help your child 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 grown ups they trust.

Stick their bucket picture up somewhere for next time they seem stressed. Remind them they can use their 'self care tap'.