

Stress bucket

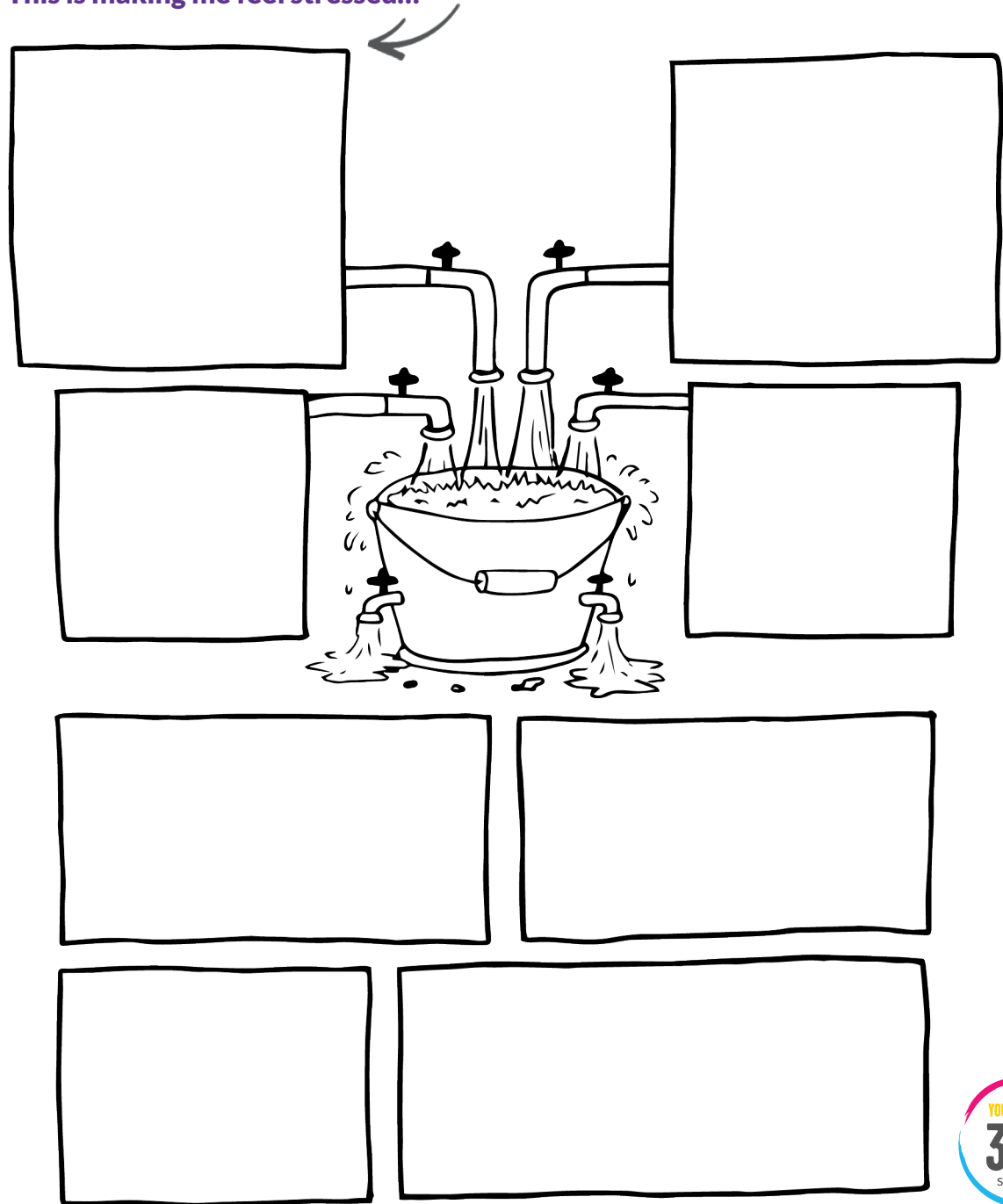
It is normal to feel stress at times. Some stress can be good, but too much can cause you to feel anxious or depressed, which might affect your sleeping, eating habits and general wellbeing.

When your pupils feel worried, the stress bucket is a visual way for them to communicate this, and this can help you develop strategies that best support the needs of each pupil in your class.

Instructions:

1. Above the bucket are taps and the things that cause you stress. Using the boxes, draw or write the things that are making you worry. It might be too much homework, friendship issues, back-to-school anxiety.
2. The below taps are the things that help you release stress. Using these boxes, write or draw the things that help you manage this feeling. It could be talking to friends, exercise or spending time with pets.
3. If your pupils find it helpful to discuss their stress bucket, encourage them to form small groups to complete the activity together.

This is making me feel stressed...



But this is what helps me...