









Managing Our Stress using the Stress Bucket Worksheet

Name:.....










We have looked at things in life that can fill up our stress bucket and make us feel stressed and potentially overwhelmed. We have also looked at how we can decrease our stress levels by opening the tap on our stress bucket.

Now it is your turn to think about what fills up your bucket and what you can do to turn on your tap and release stress. (have a think, you don't have to fill all the boxes)

What fills up your stress bucket?

What can you do to open your tap?

Note to parents:

Today your child has participated in an activity provided by Standing in the Gap, for Children's Mental Health week. The aim of the session was to help children consider their stress buckets and how they can put things in place so they are not overwhelmed by feelings.

They have watched a video, played a game to help recall important points and have had an opportunity to explore what things could fill their stress bucket. This varies for all of us, but an understanding that things can fill our buckets is really helpful for emotional wellbeing and development. We also discussed a range of activities that can help them open the taps on their stress buckets, so the levels don't rise, and they become overwhelmed.

We would really like you to be able to see the video we showed your children, please follow the link to the webpage <https://standinginthegap.uk/childrensmentalhealthweek2024> or use the QR code:



Please discuss this worksheet sheet with your child and keep it somewhere visible for support.

During Child Mental Health week, we are raising funds so that we can continue to work with children to help them understand and manage their emotions. To make a donation please scan the QR Code:

