



Stress bucket

An activity to do to help you playfully explore emotions.

Guide bubble

Why

To playfully explore emotions

Where

At home

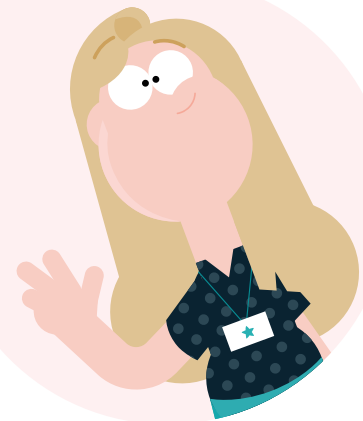
When

Feeling calm and creative

Time

15+ mins

We all have a stress bucket which collects cups of stress. This activity explores the stress that goes into your bucket and what happens when it gets too full.



Equipment you will need:



A bucket
or large bowl



Tap water



A cup

- 1.** Careful! This is a wet activity so let's try it outside! Take your bucket or bowl, and slowly add cups of tap water to it. Each cup represents something you find stressful. This might be missing school, struggling with homework, or feeling in pain.
- 2.** Try asking your adult to lift the bucket. It might feel heavy. It can feel difficult holding all that stress in your body.

3. If you're having a stressful day and your bucket is full, what happens when you add more? Add another cup and watch what happens. It overflows! What does it feel like when you're stressed and your bucket overflows?

4. Think of some things that make you calm and happy. These are your soothing activities. For each soothing activity you think of, scoop out a cup of water from your bucket to stop it overflowing!

5. Now that your bucket is less full, imagine something stressful happens. Add another cup of water... does your bucket overflow? Nope!

When our stress levels are low, we cope better when stressful things happen. This is why it is important to use soothing activities every day!



Have a think...

- How full is your stress bucket today?
- Is there anything you can do now to reduce the stress level in your bucket?
- Is there anything going on right now that you can talk to your adult about?

Download the Little Journey app to explore more relaxation activities and games.