

Name: \_\_\_\_\_

Class: \_\_\_\_\_ Date: \_\_\_\_\_

# MY STRESS BUCKET



All the things I feel stressed or worried about pour into my Stress Bucket.

(You can write or draw them if you want.)



To make sure your stress bucket doesn't get too full and overflow, you need to turn the tap and let some water (stress) out.

But how?



Look at the Healthy Coping Skills poster for lots of ideas!

