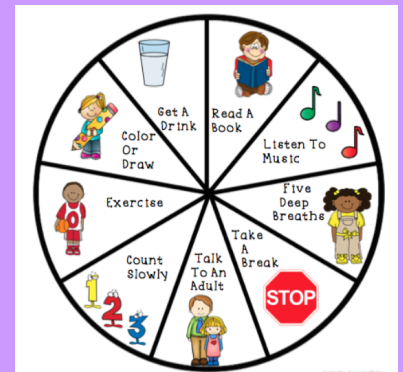


Well being- Worry Bucket!

We all have worries it's natural, but sometimes keeping them inside can be stressful.

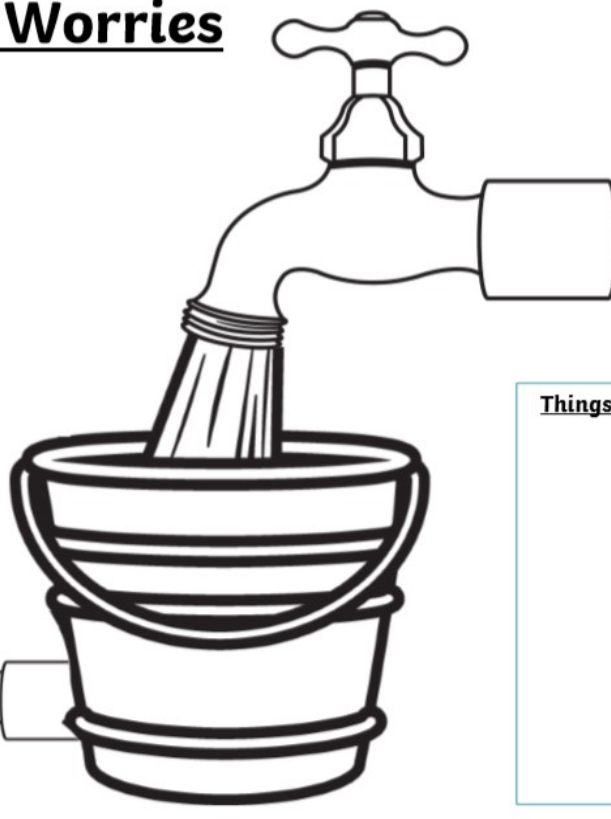
Our worries are like a big bucket of water, each worry fills it up a little bit more until eventually it overflows. When our bucket over flows we can get anxious, upset and have emotions and behaviours that are difficult to deal with. So we need to find ways to let the worries out of the bucket. Sometimes you feel strong enough to carry a lot of stress, but it's important to find activities which help you lighten the load. So have a think and a chat with your adults about the things that you can do to help you when you are feeling worried.



My Bucket of Worries



Things that make me feel better:



My worries going in and filling up the bucket

Things that I am worried about:

My worries coming out of the bucket when I feel better