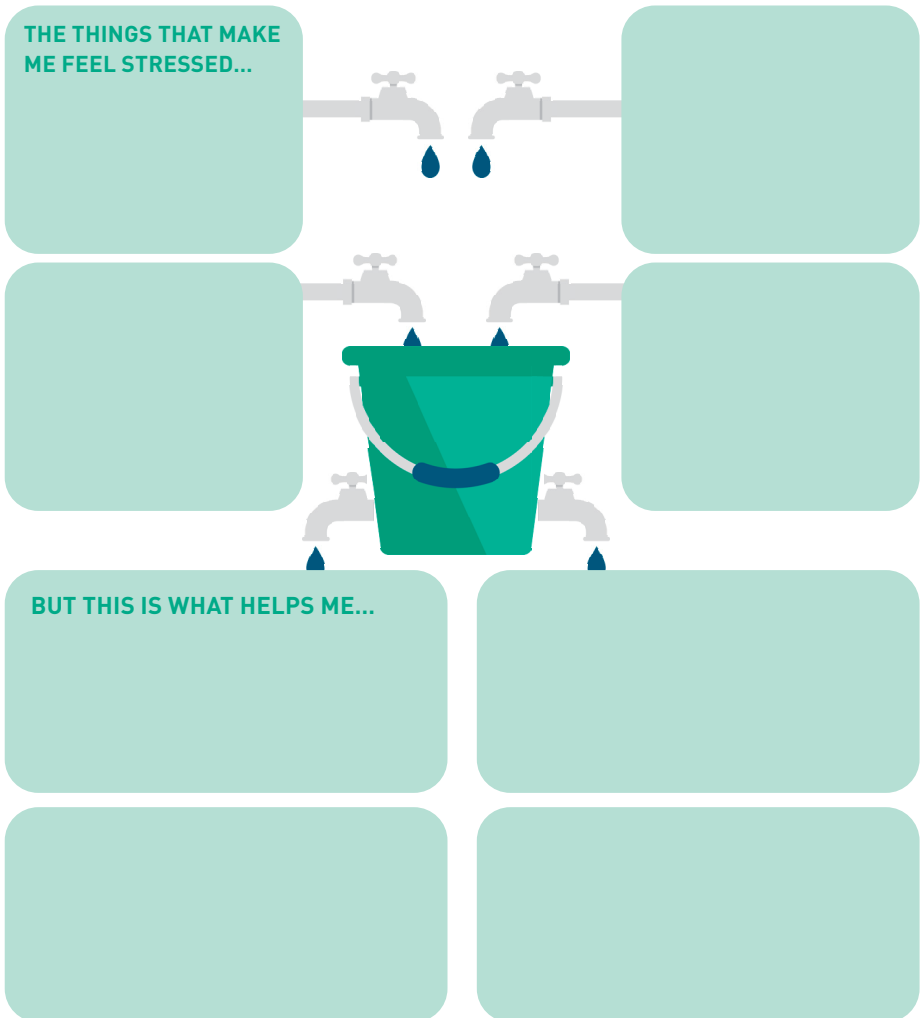


STRESS BUCKET

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.

INSTRUCTIONS:

1. Above the buckets 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. Below the bucket are the things that help you release stress. Using the boxes, write or draw the things that help you manage this feeling. It could be talking to friends, exercise or spending time with pets



The diagram features a central green bucket with a blue handle. Above the bucket are four grey taps, two on each side, with blue water droplets falling into the bucket. Below the bucket are four more grey taps, two on each side, with blue water droplets falling away from the bucket. The taps are connected to light green rectangular boxes for writing or drawing.

THE THINGS THAT MAKE ME FEEL STRESSED...

BUT THIS IS WHAT HELPS ME...