

Lesson Plan: Stress Bucket

Stress Bucket

1. A good way to picture our stress levels is to think of stress as water inside an invisible bucket we are always carrying. Every time something stressful happens, good or bad, water is added to the bucket.

People have different sized buckets, there is no right or wrong size. This means that for some people, it won't take long at all for the water, or stress, to fill the bucket. For those with bigger buckets, they can take on more water without it overflowing.

When the bucket begins to overflow, that is when we are too stressed. It is really heavy to carry around and we feel like we can't control the overflowing water. What's the solution?

Coming up with ways to prevent more water being added in the first place and adding 'taps' that allow you to let out some water are really good ways to help manage our emotional health.

2. Read through the next two pages and then complete the worksheet at the end. If you are unable to print the worksheet. Please draw the worksheet and then fill in the gaps.

Stress Bucket



We all have a "Stress bucket" which fills up with our worries and concerns. Everyone's is a different size which is why some people seem to be able to cope with more problems.



One of the ways we can control what goes into our bucket is by putting up an "Umbrella". These are the skills we have which can help us manage our worries and concerns.



We can also fit "Taps" to our bucket. These represent the things we can do to help us manage our worries and concerns.

Arguments with friends or family



Fitting in



Exams



Homework



We can put up an umbrella to control how much water (stress) gets into the bucket (EWS and people who support us), but the bucket is still heavy for us to carry around!



This is when it's good to use taps to filter out some of the stress we are already carrying.

Stress Bucket

What are your skills to manage your worries and concerns?
Fill them out under the umbrella.

Then think of ways that help you get rid of stress and worries –
this can be playing sports or reading a book. Write these next to
the taps.

