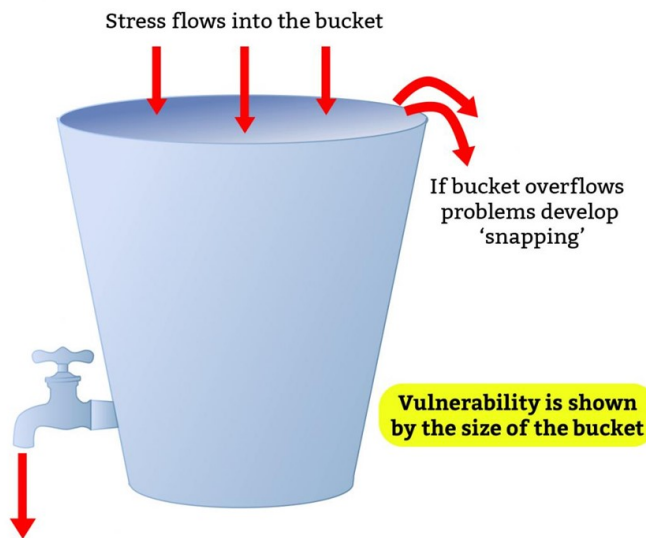


Introduction to the Stress Bucket

Introduce your child to the concept and impact of stress using the stress bucket analogy. It's a great way to not only understand what stress is, but to also find out what might be stressing them out.



Good coping = tap working let the stress out
Bad coping = tap not working so water fills the bucket

Check out our video on the HEON website from our ambassador, Katie, who explains the stress bucket concept!

What you need:

- A bucket which has a tap (if you don't have one, you can use a jug)
- Glasses of water (plastic cups work just fine!)
- Slips of paper to label the stressors
- Pens

Demonstration:

Watch the video from our ambassador, or do your own version at home:

- 1) Fill your bucket/jug with a little bit of water and explain that the bucket signifies them and the water in there is existing stressors which are normal to day to day life
- 2) Ask your child to name things that stress them out and ask them to write it down on the slips of paper
- 3) Take each slip of paper and stick it to a glass, fill up the glass with water, and ask your child to tell you when to stop filling the glass depending on how much they think it impacts them. For example, if they are really stressed about homework, fill the glass to the top.
- 4) Once the glasses are filled, pour them one by one into the bucket/jug explaining that your stressors increase and increase and if you do not cope with them it will cause your bucket to overflow.
- 5) Discuss various coping mechanisms and how they can help to reduce the water in the bucket. Ask them what coping mechanisms may work for them for each stressor, and as they mention it, pour the water from the bucket back into the glasses to demonstrate that they need an outlet or ways of coping with their stressors so they do not become overwhelmed.

