

Everybody feels scared, sad, angry and worried sometimes.

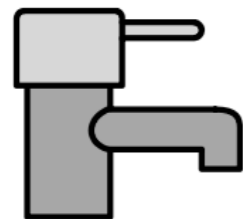


That's ok.

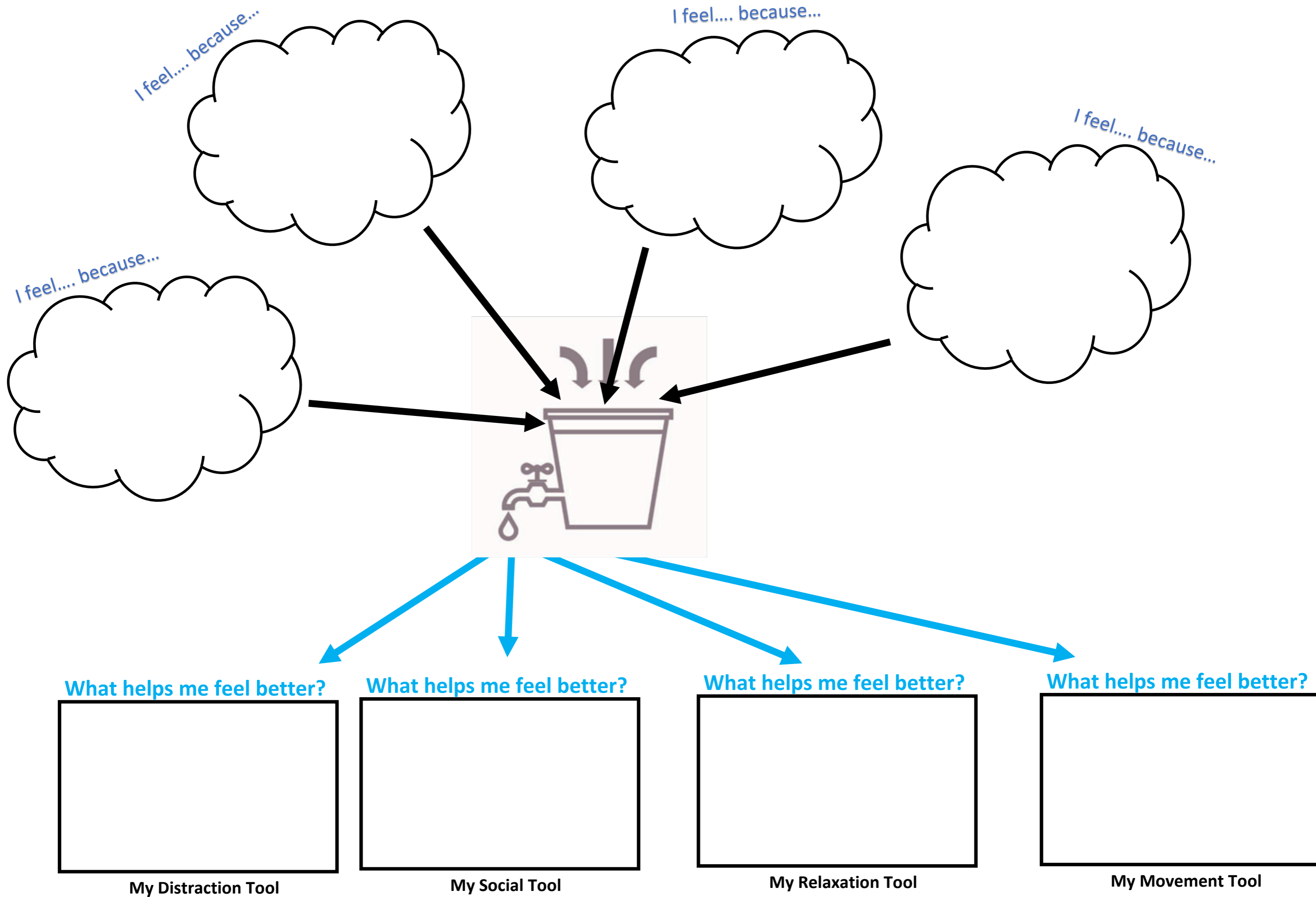


cloud

Write down what making you feel sad, angry, worried or scared in the clouds above the bucket. These are all the things filling up your feelings bucket.



Then write down some things that help you feel better in the boxes under the tap. You can do these things to empty your bucket and feel better.



I feel... because...

I feel... because...

I feel... because...

I feel... because...

What helps me feel better?

What helps me feel better?

What helps me feel better?

What helps me feel better?

My Distraction Tool

My Social Tool

My Relaxation Tool

My Movement Tool