

My Worry Bucket

Learning at home

My worries flow into the bucket

Not seeing family or friends

Having to stay home a lot

Can't go to clubs/swimming

Feeling anxious about the virus

Worrying about family getting ill

Not sleeping very well

Not having my teacher to ask for help

Mum and Dad working from home

When my bucket overfills I can feel

Missing seeing my best friend

Anxious

Stressed

Angry

Overwhelmed

Confused



I can empty my bucket by using my coping or calming strategies—which strategies can I use?

Talk to an adult Go for a walk or exercise Do some colouring Deep breathing
Listen to music or dance Chat to a friend on Zoom or the phone

