MY BUCKET FILLERS

Some days can feel easy and other days can be much harder. That's okay life can be like that sometimes.

Your energy levels can change and so does what helps.

FULL BUCKET	HALF FULL
You're feeling okay. You've got the energy to do more.	You're feeling flat but could manage something simple.
GO FOR A RUN OR CYCLE	─ WATCH A FAVOURITE SHOW
CALL OR HANG OUT WITH FRIENDS	○ WALK WITH SOME MUSIC
BUILD OR FIX SOMETHING	SIT OUTSIDE & WATCH THE SUNSET
LEARN A NEW SKILL OR TRY A HOBBY	PLAY WITH A FRIEND OR SIBLING
O DO A CREATIVE PROJECT	TEXT A MATE OR PLAY A GAME
○ HELP OUT AT HOME	SHOWER AND FRESH CLOTHES
BAKE OR COOK SOMETHING	LISTEN TO MUSIC
☐ JOURNAL OR DRAW	DRAW OR COLOUR IN
READ A BOOK	PLAY WITH A PET
GO TO THE GYM OR PLAY A SPORT	MAKE AT SNACK OR DRINK
○ WITH A FRIEND	☐ BREATHING OR MINDFULNESS
CLEAN YOUR SPACE	LISTEN TO A PODCAST

EMPTY BUCKET Running on empty & just surviving today is okay. LOOK THROUGH YOUR PHOTOS **HYDRATE & EAT** LET SOMEONE KNOW YOU'RE **STRUGGLING REST IN BED WITH MUSIC** CUDDLE A PET WASH YOUR FACE NAME HOW YOU FEEL WITHOUT TRYING TO CHANGE IT **REST WITHOUT GUILT** WATCH FUNNY VIDEOS CALL KIDSHELPLINE - 1800 55 1800 DISTRACT YOURSELF & MESSAGE A **FRIEND**

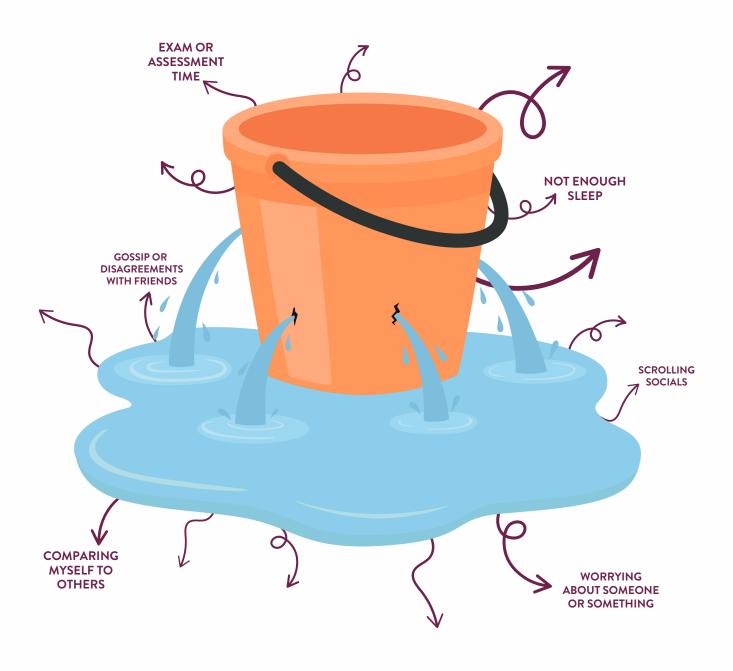
	MY FAVOURITE
Acti	vities you like, strategies that work, things that bring you joy.

MYBUCKET DRAINERS

Just like a bucket holds water, your body holds energy.

Some things can drain our bucket and make us feel tired, overwhelmed, or upset. We can't always avoid things that are draining for us, but we can notice them and find ways to fill it back up again.

Circle the ones that feel true for you, and add any of your own.



Name:

'S BUCKET FILLERS

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