

# 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

*You're feeling okay. You've got the energy to do more.*

- ☐ GO FOR A RUN OR CYCLE
- ☐ CALL OR HANG OUT WITH FRIENDS
- ☐ BUILD OR FIX SOMETHING
- ☐ LEARN A NEW SKILL OR TRY A HOBBY
- ☐ DO A CREATIVE PROJECT
- ☐ HELP OUT AT HOME
- ☐ BAKE OR COOK SOMETHING
- ☐ JOURNAL OR DRAW
- ☐ READ A BOOK
- ☐ GO TO THE GYM OR PLAY A SPORT WITH A FRIEND
- ☐ CLEAN YOUR SPACE

## HALF FULL

*You're feeling flat but could manage something simple.*

- ☐ WATCH A FAVOURITE SHOW
- ☐ WALK WITH SOME MUSIC
- ☐ SIT OUTSIDE & WATCH THE SUNSET
- ☐ PLAY WITH A FRIEND OR SIBLING
- ☐ TEXT A MATE OR PLAY A GAME
- ☐ SHOWER AND FRESH CLOTHES
- ☐ LISTEN TO MUSIC
- ☐ DRAW OR COLOUR IN
- ☐ PLAY WITH A PET
- ☐ MAKE A SNACK OR DRINK
- ☐ BREATHING OR MINDFULNESS
- ☐ 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

*Activities you like, strategies that work, things that bring you joy.*

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

# MY BUCKET 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

*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

*You're feeling okay. You've got the energy to do more.*

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## HALF FULL

*You're feeling flat but could manage something simple.*

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## EMPTY BUCKET

*Running on empty & just surviving today is okay.*

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ CALL KIDSHELPLINE - 1800 55 1800

## MY BUCKET DRAINERS

*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.*

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_