

Podcast Series: The Bucket









The Bucket Resource

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Pressures

- 1: 
- 2: 
- 3: 
- 4: 
- 5: 
- 6: 

Self-care

- 1: 
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The Bucket

The Bucket Resource is an incredibly useful resource to help your child learn about events that fill their bucket, for example fear about a maths text, anger over a toy breaking, frustration with friendships etc.

They can then identify strategies that help to empty their bucket, for instance outside play, drawing, walking with you and the dog.

Watching movies on devices, playing video games or scrolling on phones etc **doesn't** empty the bucket - it just pauses thinking for that moment!

For more useful strategies listen to the *How Not to Screw Up Your Kids* podcast at www.drmaryhan.com/podcast

