

classroom activity

Stress is a normal part of life and sometimes students can feel it getting on top of them. One way we can support students through these feelings is by helping them develop their coping strategies.

The Push-Up Challenge and headspace have developed an activity for you to run in your classroom as part of The Push-Up Challenge!

As we are talking about mental health and wellbeing, it's important to run this session mindfully, please read all instructions below prior to running the session.

How to hold a Stress Bucket session

This activity has been designed to be run in the classroom with supervision, it should take approximately 45 minutes.

Due to the nature of this activity, we do not recommend this be set as homework or completed in isolation without the support of or follow-up with an educator.

There is potential for students to make disclosures during this activity, so you must know the risk escalation pathway for your school prior to running this activity.

Keep in mind what's going on in your community. If there have been recent events that may impact the mental health and wellbeing of students and how they respond to this kind of activity, it may be best to delay this activity until some more time has passed.

It's a great idea to let parents and carers know you've run this kind of activity and share a NIP it in the bud for families factsheet so they can continue the conversation at home.

This activity may bring up some thoughts and emotions for students, so it's important we equip their families with the tools and resources to support them.

Thank you for promoting help-seeking with your students and school community.

1 Introduce the Stress Bucket

Stress Buckets describe our ability to deal with stress. They are filled with the things that may cause us a bit of worry. This would be things happening at home, at school or with our friends.

We notice our stress buckets may feel heavier during difficult times, like during exam periods, dealing with conflict or managing transitions in and out of school.

2 Set up activity

There are many ways you can choose to run this activity, to make it as fun and engaging for your students as possible. You may like to use this handout, ask your students to draw buckets on another piece of paper or use physical buckets or boxes that you have lying around the classroom. The developmental age and stage of your class may dictate how you choose to run this activity.

This activity can be done individually, in small groups or as a whole class. If discussing in groups be mindful of how your students may share and contribute and be sure to set boundaries around sharing safely with each other. This could look like encouraging your students to use general examples and to avoid talking about their own personal experiences.

Remind students, if this activity brings any challenging feelings, there is support available in the school community and at home.

3 After the activity

All activity sheets must be sighted by a teacher or member of staff and reviewed on the same day. This is so if any students have indicated a potential risk or specific issue, it can be addressed in a timely manner.

Feeling stressed lately? Got stuff going on? Feeling like things are getting on top of you? Sometimes we all need a bit of help when it comes to our mental health fitness.

This activity will introduce you to the Stress Bucket, which might be a helpful way to look at managing our stressors. Consider activities that may reduce stress and support mental fitness.

the stress bucket

What are some things filling up your bucket?

- 1.
- 2.
- 3.
- 4.

What happens when your bucket overflows?

- 1.
- 2.
- 3.
- 4.

What taps could you use to let the water out?

- 1.
- 2.
- 3.
- 4.

