

What empties my bucket?

These are things that help you feel calm and empty your bucket. Cut out or circle the ones you like, then add your own ideas to the blank clouds.

Cuddle up
& read a
book

Listen to
music

Play with
Lego

Listen to
meditation
CD

Play with
play
dough

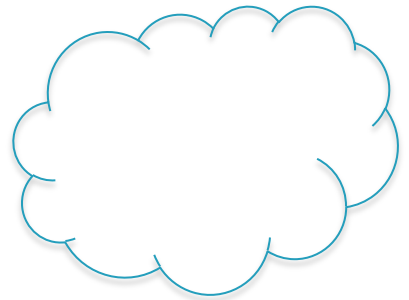
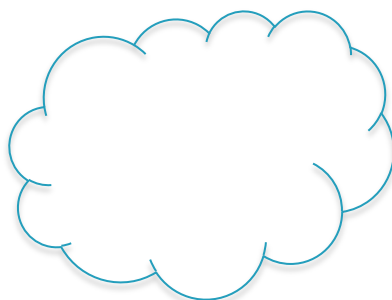
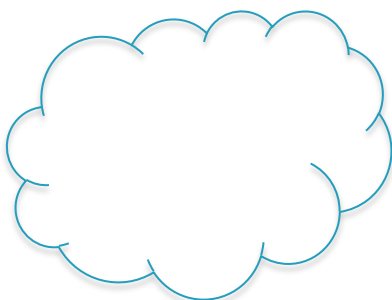
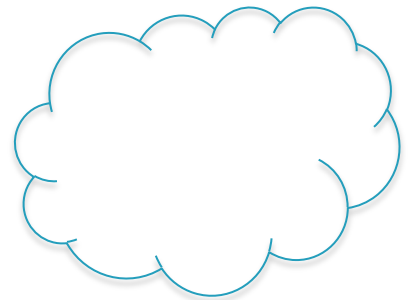
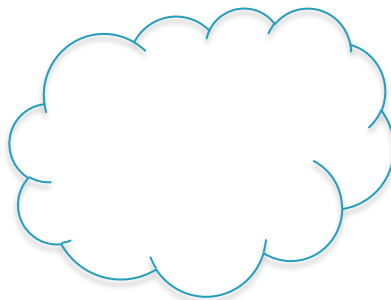
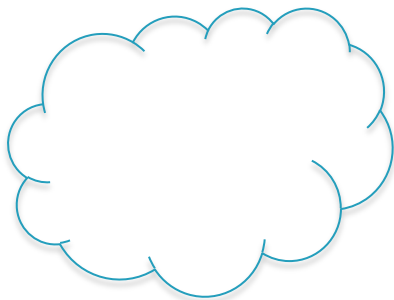
Draw or
color a
picture

Go for a
walk

Write in
journal

Blow
bubbles

Do a
puzzle



Happy
Sensitive Kids

