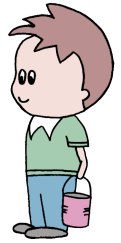


# The HSK 'Empty Your Bucket' Challenge



## Calm & Relaxation

Use the ['My Feelings Thermometer'](#)

Create a [bucket box](#)

Read your favourite book: use the [HSK bookmark](#)

Use the [HSK bucket activity](#) to plan your week

[Blow a bucket full of bubbles](#)

Make a [worry headband](#)

[Put your worries on a cloud](#)

[Go cloud watching](#)

Try some [yoga](#)

Put together a [HSK survival kit](#)

Have a screen free day

Make your own [chill tent](#)

Spend an afternoon in your local library

## Get Outside

Get out into nature

Go fruit picking

Have a picnic in your favourite spot

Camp in your backyard

Plant a [herb garden](#)

Explore your home town: see it through the eyes of a tourist

Watch a sunset

Have a camp fire and make s'mores

Go stargazing

Go somewhere you have never been

Go foraging in the forest

## Food

Eat ice cream: better still make your own

Pick a country, make a dish from that country

Try a food you've never eaten before

Create and name your own mocktail

Make pizzas with your favourite toppings

Have a BBQ

Make your own pasta

Eat dessert for breakfast

## Get Creative

[Unleash your creativity](#): choose from 50 ideas

Make a bird feeder

Make a card for someone

Create a family scrapbook

Do a science experiment at home

Delve into your family tree

Start a [journal](#)

Write a letter to a loved one

[Make a happy list](#)

Make a gift for someone

Build a fort, inside or outside

Colour a [HSK page](#)

## Other Ideas

[Declutter](#) and donate unwanted items

Act of kindness

Choose a greener way to do something

Choose your favourite [HSK affirmation](#) or make your own