



**Filling the bucket**

Daily experiences

*Bus journey, form tutor,  
homework is due, corri-  
dors, dance cancelled,  
low phone battery*

**A full / overflowing bucket**

How does this look/sound/feel?

*Tapping and clenching teeth  
Withdrawn—walking off  
Absence from school  
Not completing work  
Tearful*

**Filling the bucket**

Life experiences / risk factors

*Bullying (from Year 6)  
Bereavement (mum's friend)  
Discrimination (Asian girl)  
Asthma and allergies*

**Emptying the bucket**

Life experiences / protective factors

*Friendships  
Leisure—dance—network  
Academic capability  
Go to person in school  
Stable housing*

**Emptying the bucket**

Deliberate actions

*Dancing  
Cooking with family  
Editing photos  
Mentoring*

