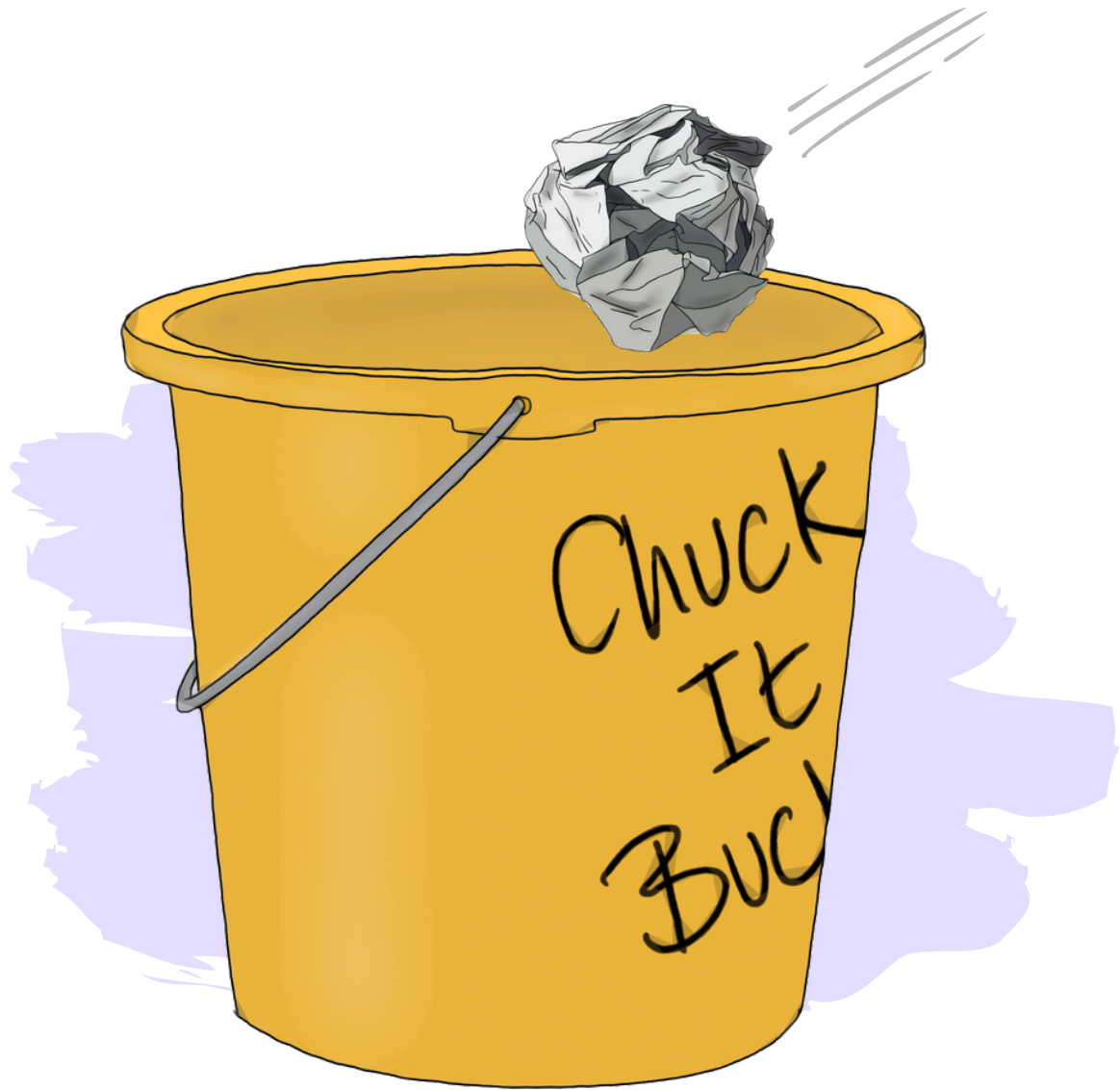


'Chuck It Bucket'



The 'Chuck It Bucket' can be a helpful mantra, or as an actual physical object at home, school or in therapy.

It can help us think about what aspects of our current experience e.g. thoughts, situations, feelings, worries, are consuming our time, energy and resources and that could be more helpfully 'let go' of.

This simple concept can prove very liberating, especially for teenagers, and allow space to focus on what really matters to them. Those who are comfortable changing the 'C' in 'chuck' to an 'F' (and when the child's age is appropriate!), may find that the power of this word is helpful in making this an impactful strategy.