

Use these clouds to record your 'bucket emptiers' - activities you do that calm you and give you the quiet time you need to empty your bucket. There are clouds with ideas in already and blank ones for you to fill

Draw or color a picture

Blow bubbles

Play with Lego

Listen to music

Play with play dough

Write in journal

Cuddle up & read a book

Listen to meditation CD

Go for a walk

Do a puzzle

