

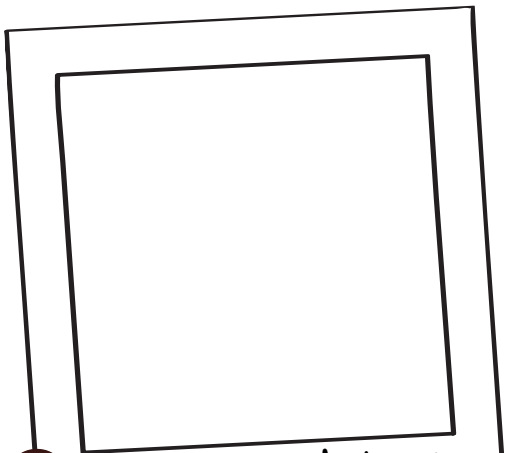
Name _____

Fill Your Bucket with Kindness!

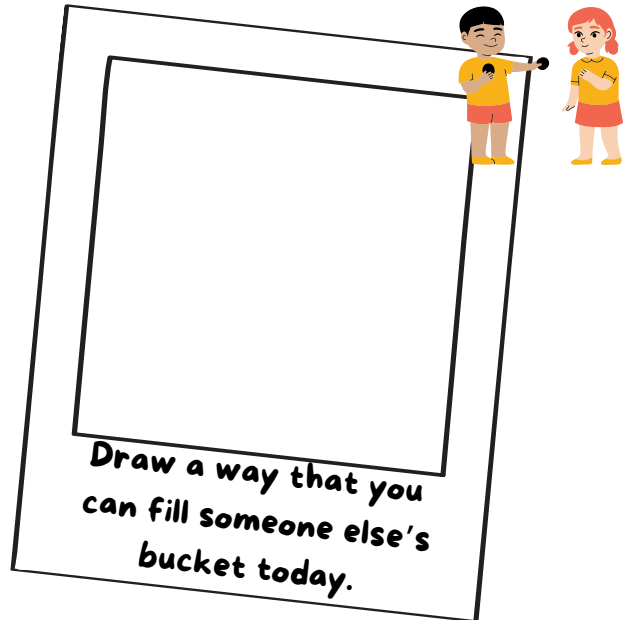


Directions:

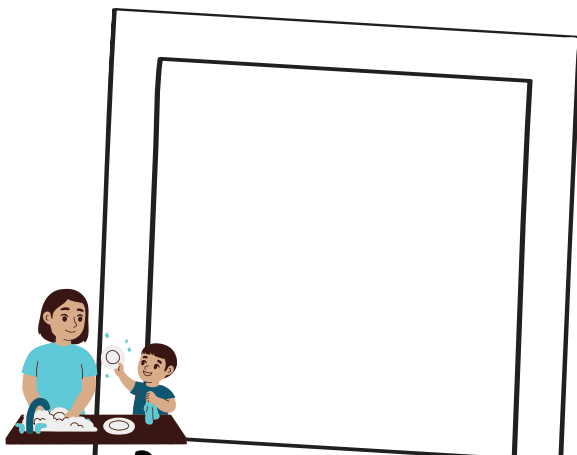
The phrase “filling your bucket” means doing things that make you feel happy and good inside. Imagine you have an invisible bucket that holds all the good feelings. When you do something nice for yourself or for someone else (like sharing or saying encouraging words), you fill your bucket with happiness. When others are kind to you, they help fill your bucket, too. Let’s think about ways we can fill our buckets and the buckets of people around us!



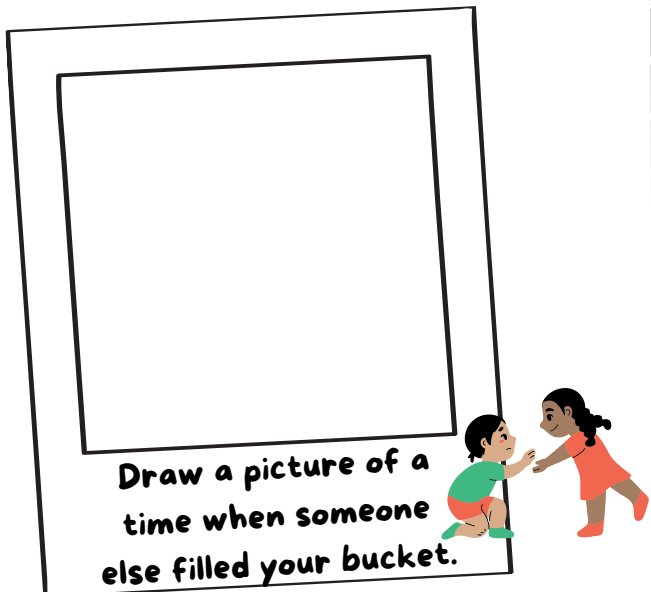
Draw a way that you can fill your own bucket today.



Draw a way that you can fill someone else's bucket today.



Draw a picture of a time when you filled someone else's bucket.



Draw a picture of a time when someone else filled your bucket.