

Have you filled a bucket today?



All day long, everyone in the whole wide world walks around carrying an invisible bucket.



You can't see it, but it's there.



You have a bucket. Each member of your family has a bucket. Your grandparents, friends, and neighbours all have buckets.

Your bucket only has one purpose only. It's purpose is to hold your good thoughts and good feelings about yourself.



You feel happy and good when your bucket is full and sad and lonely when your bucket is empty.

So how do you fill a bucket?

You can fill a bucket when you show love to someone or when you say or do something kind. A bucket filler is a loving, caring person who says and does nice things to make others feel special.

Your task

Your task this week is to decorate your own bucket; you can use the worksheet provided if you wish. Then using the hearts and stars, write down a different way in each one, how you could fill someone's bucket. Remember, you can fill someone's bucket when you show love to someone or when you say or do something kind.

e.g Smile at someone.

Help set the table for dinner.

Play with my little sister.

Write a letter to my grandparents.

Help someone if they fall over.

Cuddle my daddy.

Then colour or decorate the shapes and stick them above the bucket, so the bucket looks like it is full!!

Hope you have lots of fun doing this. I look forward to you sharing your buckets with me this afternoon. I will also read you the book where I got this idea from called 'Have you filled a bucket today?', where we will find out more about it.

