

Bucket Filling from **A to Z**

- A - Ask if you can help**
- B - Be a bucket filler**
- C - Cheer up a friend**
- D - Donate to a special group**
- E - Excited to fill buckets**
- F - Friends have fun or hang out**
- G - Give a little of your time**
- H - Heroes look out for others**
- I - Invite someone to join the fun**
- J - Joyful when you give a hug**
- K - Kindness brightens your day**
- L - Listen when people talk**
- M - Make a bucketfilling card**
- N - Notice helpful things**
- O - Offer to help**
- P - Practice daily bucket filling**
- Q - Quit any bucket dipping**
- R - Respect everyone**
- S - Smile and see what happens**
- T - Tell your family you love them**
- U - Use kind words**
- V - Volunteer to do some work**
- W - Watch out for bucket dipping**
- X - EXtra-special is a friend**
- Y - You do your best**
- Z - Zero you can't work out**