



# Bucket Fillers



Sharing Bucketfilling Ideas  
Bucket Lesson #26

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## The Benefits of Friendship: A Science Experiment

With a page from our book, *Bucket Filling from A to Z: The Key to Being Happy*, and an easy science experiment, you will teach children about friendship and its many, happy benefits. Children will see that how we make friends and get along with others depends on how we treat them and speak to them.

### Materials needed:

- A copy of *Bucket Filling from A to Z: The Key to Being Happy*
- Two bowls of cool water (clear bowls, if possible, glass or plastic)
- Ground black pepper
- White granulated sugar
- A teaspoon
- A bar of soap (any kind)

### Activities:

1. Read, show and discuss the page, "F is for Friends" from *Bucket Filling from A to Z: The Key to Being Happy*. Ask your class what the two children on the page are doing. Are they having fun together? Do they seem happy? How can you tell? Are their buckets full? Do you think they are talking nicely to each other and treating each other kindly? Do you think they are friends? Does it fill your bucket when you have fun with your friends?

2. Tell your children that, with a simple science experiment, you are going to demonstrate how friendships are made.
3. Fill the two bowls with cool water and liberally sprinkle the pepper on top of both. Explain that the pepper represents their friends, classmates, and brothers and sisters.
4. Take the first bowl of pepper-coated water and explain that you will show what happens when we are harsh and unkind to others. Show the children the bar of soap. Explain that while soap is great for washing our hands, for this bucketfilling science project it will represent someone who uses harsh words and does unkind things. Have the children gather around the first bowl and choose one child to "dip" the bar of soap into the pepper-coated water, holding it there as the class watches pepper move away from the soap. Explain that when we dip into people's buckets with harsh words and actions, we push people away, just like the pepper moves away from the soap.
5. Take the second bowl of pepper-coated water and explain that you will show what happens when we are kind and thoughtful. Show the children the sugar. Explain that the sweetness of sugar is like a bucket filler who speaks and acts kindly. Ask a different child to pour a teaspoon of sugar into the center of the bowl. Watch as the pepper from the top is drawn down to the sugar at the bottom. (The more sugar you put in the water, the more pepper will be drawn to it; so you may want involve three children and have them each put in a teaspoon of sugar.) Talk about how others are attracted to us and want to be our friends when we fill their buckets with kind words and actions.
6. Have a final discussion about how much happier we are when we have friends and we all treat each other kindly.

For even more ideas, be sure to check out our past *Bucket Lessons* on our [website](#)!

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