



# Bucket Fillers



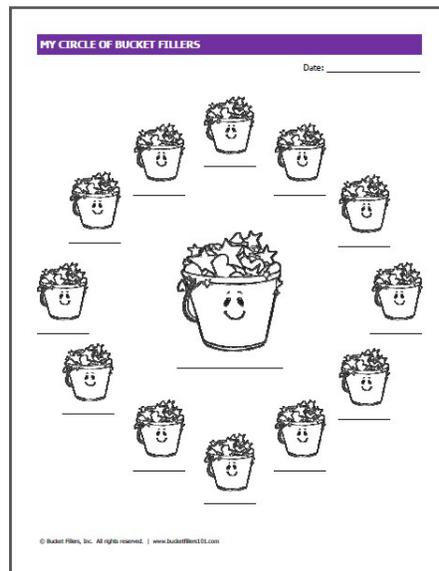
Sharing Bucketfilling Ideas  
Bucket Lesson #28

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## My Circle of Bucket Fillers

This lesson is designed to help your students become more aware of the loving, caring people (i.e. bucket fillers) in their lives. This simple activity can be done alone or in a group, and will fill their buckets as they recognize, appreciate and remember that there are many good people who fill their buckets every day.

With so much frightening, negative news coming into our homes today, a child may easily feel vulnerable and afraid. This exercise teaches a mindful change in perspective that can reassure your students that they have a circle of good people who surround them like a warm blanket or a gentle hug. The goal here is to fill buckets with good feelings and create an ever-present attitude of gratitude for these wonderful bucket fillers.



Here we go -

1. Ask your students to close their eyes and think of the many wonderful bucket fillers in their lives. Ask them to first think about their family, friends and teachers.
2. Remind them to consider other people who fill their buckets, for example, a friend's parent or parent's friend, extended family, neighbors, coaches, pets and anyone who fills their bucket. Copy and distribute the page above. (You can also draw a circle surrounded by fewer buckets.)
3. Tell the students that this page has their bucket in the center and space for twelve of their bucket fillers around them. Ask them to write the name of one bucket filler in the line under each bucket.
4. Have each student color and decorate their page and add the date.
5. Display these pages in your classroom to honor these loving, caring bucket fillers. At some point have the children take their special page home where it will help them to remember the circle of a good people who surround them and fill their buckets.

Note to teachers: You might want to consider trying this with your staff, family or group of friends.