



Bucket Fillosophy® 101

Sharing Bucketfilling Ideas
Bucket Lesson #38

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The Cycle of Giving

Learning to fill buckets by giving something of value to others is one of the most important keys to happier living. Numerous studies show that giving to others increases our own happiness. Many people, including children, believe that "giving" is about money or things, but a closer look reveals that "giving" involves much more. This lesson is designed to show your students what giving is really about.

Your students will need paper and pencil for this lesson. Ask them to think of things they can *give* that don't cost money; not even a penny. Give them time to write at least 5 or more ideas on their paper. Go around the room and ask each student to read one of their favorite ideas aloud to the class. As they are read, write their ideas on the board. If someone has already read one of their ideas, have them read another until all their ideas are recorded. You'll discover how many *different* ways your students thought of giving without spending.

Some ideas may include:

1. Give a smile.
2. Give a compliment.
3. Give a hug.
4. Give time.

5. Give help.
6. Give a high five.
7. Give a kind note.
8. Give up your seat.
9. Give a back rub.
10. Give an invite.

Now, have each student review the full list of gifts. Mention that these are all ways that we fill people's buckets. Ask them to pick one gift that they could "give" over the weekend or during the next few days. Let them know that they will be given time later to share their bucket filling experience with the class: 1) Whose bucket did they fill? 2) What was their gift? 3) Do they think their "gift" made the other person happier? and 4) Did it make them happier? Suggestion: It might be fun to tabulate your classroom results to illustrate the different ways and number of buckets that were filled with this one exercise.

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