



Bucket Fillosophy® 101

Sharing Bucketfilling Ideas
Bucket Lesson #44

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K is for Kindness

*Kindness leads to happiness.
It will brighten up your day.
The thoughtful things you say and do
will chase the blues away.*

(Excerpt from our award-winning book, [Bucket Filling from A to Z: The Key to Being Happy.](#))

Have you ever thought about what kindness means to you? If you look up 'kindness' in the thesaurus, some of the words you might come across are affection, warmth, gentleness, concern, care, helpfulness, thoughtfulness, unselfishness, compassion, sympathy, understanding, friendliness, neighborliness, and generosity. These qualities define what a true bucket filler is all about.

One group, [The Kindness Rocks Project](#)SM, has taken a small token (a rock) and turned it into a "pursuit of inspiring others through random acts of kindness." Founder Megan Murphy started [The Kindness Rocks Project](#)SM when she was looking for a perfect way to help others in her community. She began by writing positive messages on rocks, with permanent marker, and would leave a few at a time on the beach. A friend found one her rocks one day and told her just how much that small message had improved her day.



Photo credit: Megan Murphy

This Bucket Lesson is a simple but powerful one. As a class, create your own kindness rocks. You'll need:

- A smooth, clean rock for each student
- Paint and markers
- Modge Podge® waterbase outdoor sealer

1. Have each student paint their rock. Let the paint dry overnight.
2. Have the students write small messages or color small pictures on each of their rocks.
3. Once the artwork is dry, brush each with the Modge Podge® waterbase outdoor sealer.

Once the rocks are completely dry, have the students take them home. Challenge the students to put their rocks in different areas around the community. The next class day, have each of the students share where they put their kindness rocks. The students will learn that this small token will not only fill the buckets of people in their community, but will also fill their own buckets!