



# Being Grateful Fills Buckets

Making a list of things you're grateful for this season is sure to fill your bucket. When you're finished, be sure to share it with your family and friends. It will fill all your buckets!

## Purpose

To help students to reflect on the things they're grateful for and the people that fill their buckets.

## Materials Needed

- 1) Being Grateful worksheet
- 2) Pencil or ink pen

## Procedure

- 1) Give each student a copy of the Being Grateful worksheet.

### Being Grateful Fills Buckets

Make a list of things you're grateful for this season. When you're finished, be sure to share it with your family and friends. It will fill all your buckets!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

2) Ask each student to list as many items they're grateful for as they can.

3) Once the class has their sheets filled out (at least a few items each), ask everyone to share at least one item from their list.

4) Have students take their Being Grateful worksheets home with them over the holidays and share with their family and friends.

5) When everyone gets back from the holidays, have each student share at least one bucketfilling story from sharing their Being Grateful worksheet. It will fill the buckets of everyone in your class!



**Bucket Fillers**

