

## Friday - Inside out day



Have you filled a bucket today?



Watch the video and answer these questions

1. List 4 people you know who are carrying round an invisible bucket.

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2. What do we carry around in our invisible bucket?

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3. How can you fill a bucket?

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4. Which words describe how you feel when your bucket is full?

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5. Which words describe how you feel when your bucket is empty?

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6. Which things fill your bucket?

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7. Why do you not want to be a bucket dipper?

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8. Do you know anyone who needs help filling their bucket?

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9. Now draw a picture of a big bucket and ask other people to fill it up for you.

10. Your final task is to go and fill up as many people's buckets as you can!! You could write notes, speak to people on the phone, send an email or just go and give someone a big hug and tell them why you love them. How many buckets can YOU fill today??