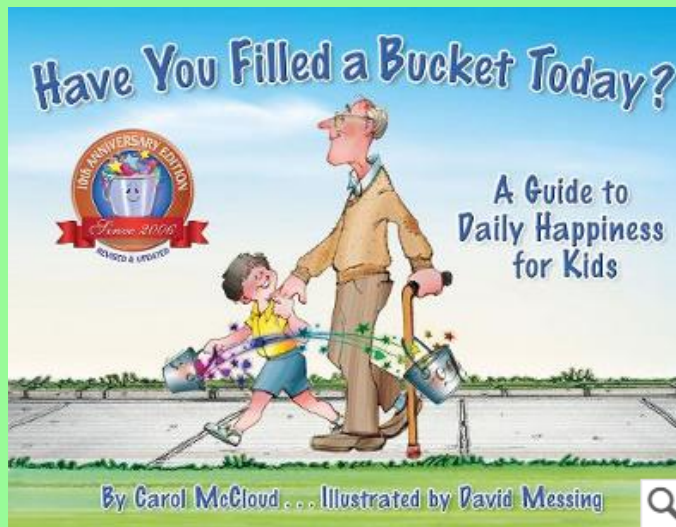




Friday is inside out day!

For your afternoon activity today we would like you to watch or read the book 'Have you filled a bucket today?'. Think about how everyone is feeling on the inside.



The link to the book is on the 'Afternoon activities' page. It is 8 minutes long.

Friday - Inside out day
Have you filled a bucket today?
Watch the video and answer these questions.



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

- What do we carry around in our invisible bucket?

- How can you fill a bucket?

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

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

- Which things fill your bucket?

- Why do you not want to be a bucket dipper?

- Do you know anyone who needs help filling their bucket?

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

While you are watching, see if you can find the answers to the questions on the attached sheet.



You feel happy and good when your bucket is full. It carries all of your good feelings about yourself. But you feel sad or lonely when your bucket is empty.

A bucket filler is a loving, caring person who says and does nice things to make others feel special.

When you treat others with kindness and respect, you fill their bucket.



Can you be a bucket filler?

We are going to try to fill our own bucket and then fill some other people's buckets to help us all to feel happy and good on the inside.

Filling other people's buckets will help us to feel happy and good on the inside too.

You love your mom and dad. Why not tell them you love them?
You can even tell them why.



Your caring words will fill their buckets with joy.



You could invite the new kid at school to play with you.

You could write a thank-you note to your teacher.



You could tell your grandpa that you like spending time with him.



There are many ways to fill a bucket.

Your turn!

Who is carrying around a bucket?

What do we carry around in our invisible bucket?

How can you fill a bucket?

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

Which words would you use when it is empty?

Which things fill your bucket?

Why do you not want to be a bucket dipper?

Do you know anyone who needs help filling their bucket?

Have a go:

Draw a picture of a bucket and write or draw the things that fill your bucket up!

Write a list of kind things you could do to help fill someone's bucket.





*When you're a bucket filler, you make your home, your school,
and your neighborhood better places for all.*



Bucket filling makes everyone feel good.