Bucket Filling from to

Ask if you can help
Be a bucket filler
Cheer up a friend
Donate to a special group
Excited to fill buckets
Friends have fun or hang out
Give a little of your time
Heroes look out for others
Invite someone to join the fun
Joyful when you give a hug
Kindness brightens your day
Listen when people talk
Make a bucketfilling card
Notice helpful things
Offer to help
Practice daily bucket filling
Quit any bucket dipping
Respect everyone
Smile and see what happens
Tell your family you love them
Use kind words
Volunteer to do some work
Watch out for bucket dipping
EXtra-special is a friend
You do your best
Zero you can't work out