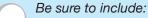
This lesson comes from Veronica Gutierrez, counselor for Wilshire Elementary in San Antonio, Texas.

This year, Veronica incorporated bucket filling into national school counselling week a reads *Have You Filled a Bucket Today?* as part of her guidance program.

We'd love to share your bucketfilling idea or ideas with our readers.

Email us-

info@bucketfillers101.com



- 1. Your name, city and state
- 2. Name of your school
- 3. Grade and subject you teach
- 4. Photo(s) (optional) that illustrate your lesson(s)



Buckets of love

- 1. Place a bucket, decorated with hearts in your classroom.
- Create a paper heart for each student.
 Print one characteristic of a bucket
 filler or a bucket dipper on each heart.
- **3.** Ask your students to decide, based on the characteristic they received, whether or not they should place their heart in the bucket. (Only bucketfilling hearts go in the bucket.)
- **4.** Follow up by encouraging your students to be bucket fillers. Have them write a note of kindness and appreciation to a bucket filler in their life.

Use the space below to evaluate the lesson and/or summarize your preparations for it



NOTES AND REMINDERS