Bucket Filling from A to Z

A - Ask if you can help
B - Be a bucket filler
C - Cheer up a friend
D - Donate to a special group
E - Excited to fill buckets
F - Friends have fun or hang out
G - Give a little of your time
H - Heroes look out for others
I - Invite someone to join the fun
J - Joyful when you give a hug
K - Kindness brightens your day
L - Listen when people talk
M - Make a bucketfilling card
N - Notice helpful things
O - Offer to help
P - Practice daily bucket filling
Q - Quit any bucket dipping
R - Respect everyone
S - Smile and see what happens
T - Tell your family you love them
U - Use kind words
V - Volunteer to do some work
W - Watch out for bucket dipping
X - EXtra-special is a friend
Y - You do your best
Z - Zero you can't work out