Bucket Filling from A to Z

☐ 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