

Growing Up with a Bucket Full of Happiness

Lesson #1 - Your Invisible Bucket

Objective

Learn all about your invisible bucket.

Materials Needed

- * *Growing Up with a Bucket Full of Happiness* book
- * Pencil or Pen (if needed)

Instructions

- * Read chapter 1 of the book, *Growing Up with a Bucket Full of Happiness*.
- * After reading, discuss and answer the following questions:
 - 1) Your invisible bucket is part of your good health. Select the following that are the correct parts of your good health that your invisible bucket represents.
 - ___ Emotional health (your feelings)
 - ___ Mental health (your thoughts)
 - ___ Physical health (your body)
 - 2) Your bucket is real. ___ True or ___ False
 - 3) What do the stars in your bucket represent? _____
 - 4) What do the hearts in your bucket represent? _____
 - 5) Knowing about your bucket is important. ___ True or ___ False