

# Growing Up with a Bucket Full of Happiness

## Lesson #4 - Use Your Lid

### Objective

Learn how to use your lid for yourself and others.

### Materials Needed

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

### Instructions

- \* Read chapter 4 of the book, *Growing Up with a Bucket Full of Happiness*.
- \* After reading, discuss and answer the following questions:
  - 1) What is the meaning of "Use Your Lid?" \_\_\_\_\_
  - 2) Feeling angry, hurt, embarrassed, or scared are signals that you should do what?  
\_\_\_\_\_
  - 3) What is the law of the lid? \_\_\_\_\_  
\_\_\_\_\_
  - 4) Your lid represents which part of yourself? \_\_\_\_\_
  - 5) "Using your lid" is recognizing that when people are uncaring or mean, they are the ones with the problem. \_\_\_\_ True or \_\_\_\_ False
  - 6) List three possible reasons it's difficult to know why some people's buckets are empty.
    - a. \_\_\_\_\_
    - b. \_\_\_\_\_
    - c. \_\_\_\_\_
  - 7) You are "using your lid" if you believe someone else's bucketdipping words and repeat them to yourself. \_\_\_\_ True or \_\_\_\_ False
  - 8) List three facts of living that you can't control and must accept.
    - a. \_\_\_\_\_
    - b. \_\_\_\_\_
    - c. \_\_\_\_\_
  - 9) It takes time and practice to learn to "use your lid" so your bucket doesn't get emptied by another person's rude behavior. \_\_\_\_ True or \_\_\_\_ False
  - 10) It is good to get help when your bucket is empty. \_\_\_\_ True or \_\_\_\_ False
  - 11) Do you think learning to "use your lid" is easy? \_\_\_\_ Yes or \_\_\_\_ No. Explain.  
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