

Growing Up with a Bucket Full of Happiness

Lesson #7 - Time to Practice

Objective

Learn how to have a happier life through practice.

Materials Needed

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

Instructions

- * Read chapter 7 of the book, *Growing Up with a Bucket Full of Happiness*.
- * After reading, discuss and answer the following questions:
 - 1) It is good to practice the rules for a happier life. ____ True or ____ False
 - 2) Give one reason why it's good to practice the rules for a happier life. _____

 - 3) It takes a commitment to learn and follow the three happiness rules.
____ True or ____ False
 - 4) Recite the Bucket Filler's Pledge out loud:

*I promise to do my best every day
to be a bucket filler, not to dip,
and to use my lid for myself and others
at home, at school, and everywhere I go.*

- 5) If you recited the pledge, practice being a bucket filler for 30 days.
You can use the My Bucketfilling Journal to track your progress each day, or you can download the "My Bucketfilling Journal Questionnaire" page on the Bucket Fillers' website at bucketfillers101.com/freeresources

Congratulations!
You're on your way to a happier life and a fuller bucket!