



Bucket Fillers

Sharing Bucketfilling Ideas
Bucket Lesson #32

Week of September 4, 2016
Volume 10, Issue 14



Bucket fillers are caring people who say and do nice things to make others feel special. There are many ways to show that we care about others. Caring begins with thinking about someone and is followed by demonstrating care with our words, actions or time.

Our lesson begins with brainstorming specific ways in which we can show that we care about others and uses select letters and ideas from the book, *Bucket Filling from A to Z: A Guide to Daily Happiness for Kids*.

Materials needed:

The book, *Bucket Filling from A to Z: A Guide to Daily Happiness for Kids*, using the pages with the letters, C-A-R-I-N-G.

Steps:

1) Write the word, CARING, on the board. Discuss with your students what CARING means and how we can show that we care about others.

2) With your students, read and discuss six pages from the book, *Bucket Filling from A to Z*, that feature the letters, **C, A, R, I, N, G**. Each page offers ideas for filling buckets and showing others that you care about them: **C**heer up a friend, **A**sk if you can help, **R**espect everyone, **I**nvite someone, **N**otice helpful things, and **G**ive.

- 3) Ask your students to make an acrostic with the letters from the word, C A R I N G running downward; then complete the entire word for each letter, using the authors' ideas.
- 4) Explain that all of these words are verbs; they are actions we take.
- 5) Ask your students if they can think of any other action words that begin with one of these letters that demonstrate caring.
- 6) Ask your students if they would put into action at least one of these six ideas to show that they care about others:
 - Who can they cheer up?
 - Who could use some help?
 - How can they show respect for someone?
 - Who could they invite to join them?
 - Did they notice something good and could they tell that person?
 - Who could they surprise with the gift of time or friendship?
 - Do they want to use one of their own ideas?
- 7) Ask your students if they think that doing just one action from this list will fill their own bucket.
- 8) Challenge your students to use their acrostic to fill someone's bucket, which will fill their bucket in return!

For even more ideas, be sure to check out our past *Bucket Lessons* on our [website](#)!

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