



Bucket Fillers

Sharing Bucketfilling Ideas
Bucket Lesson #33

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Bucket Filling: What Does it Look, Sound and Feel Like?

Objective:

To help children understand four important ideas about bucket filling:

1. Bucket filling is an action verb. It is something we do or say.
2. Filling, or not filling, buckets is our choice.
3. While our buckets are invisible, we can see bucket filling with our eyes, we can hear it with our ears, and we can feel it in our hearts.
4. What we say and do affects others. It also affects us.

Activities:

1. Be sure your class has read and is familiar with one or more of the bucketfilling books.
2. On a large sheet of paper, write the headline: BUCKET FILLING
3. Below this headline, separate the page into three columns labeled:
LOOKS LIKE | SOUNDS LIKE | FEELS LIKE
(You may want to draw or use pictures to label the columns (i.e. - eyes, an ear and a heart.))

4. Starting with the left-hand column, ask your class to help you make a list of what bucket filling *LOOKS LIKE*. Have they ever seen someone fill a bucket? What did the person do? What could they do to fill a bucket? For example, helping, sharing, hugging, playing together, smiling, having fun, congratulating someone with a "high five," waving, listening, cleaning up, and sending a happy note are all great bucketfilling actions.
5. Next, ask what bucket filling *SOUNDS LIKE*. Some ideas are: A friendly tone of voice, giving sincere compliments, saying "hello" with a smile, using "please" when asking for something and "thank you" when they receive it, kind words, singing, telling a funny joke, or being quiet when someone is speaking. All of these fill buckets and I'm sure that your students will think of many more.
6. Ask what bucket filling *FEELS LIKE*. Spend some time talking about the many happy and good feelings they can create when they fill buckets. Filling a bucket could make someone feel happy, safe, warm, accepted, excited, loved, or grateful. Ask them to notice how they feel after they've filled a bucket. Did they feel happy, too? Did they discover that happiness is the "Bucket Filler's Reward?"

SUGGESTION: Leave your BUCKET FILLING sheet on display. This will give you an opportunity to continue the discussion and remind your students to be enthusiastic Bucket Fillers in new and different ways!

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