

# Have You Filled a Bucket Today?

## 1 Purpose

- To encourage kids to be bucket-fillers (kind, helpful, loving, caring, giving) instead of bucket-dippers (disrespectful, hurtful, selfish, rude).
- To provide a visual, tangible reminder of how to treat others on their family team.

## 2 Materials

- A bucket
- Small pieces of paper
- Writing utensil
- *Have You Filled a Bucket Today?* book

## 3 How To Use:

- Read the *Have You Filled a Bucket Today?* book daily or as often as possible to your kids.
- Share with them your vision of your family team being bucket-fillers in your home and in this world.
- Brainstorm all the ways that they can be bucket-fillers.
- Keep a bucket on the kitchen counter or somewhere everyone can see it and let them know that this bucket is going to be a reminder of how we treat others—with kindness and love.
- Let them know that you are going to be looking for ways that they fill each other's buckets throughout the day by writing them on the slips of paper. Encourage older kids to do the same.
- At dinner time or bedtime or sometime at the end of the day, read through each way that family members filled each other's buckets.
- Notice everything kind and loving that your kids do throughout the day and end each day on a positive note together as a family team.
- Get excited if there is even one thing in the bucket each day.