

## Wellness Lesson 5

Corresponding video: Have you filled a bucket? [www.youtube.com/watch?v=JEg38zCOMgk](http://www.youtube.com/watch?v=JEg38zCOMgk)

### Activities:

- Brainstorm ideas of activities that have helped to fill your own bucket as well as what you might have done or could do to fill someone else's bucket.
- Encourage ALL family members to participate and think about things that they have done for themselves or others to "fill a bucket"
- Talk about how everyone is doing with this in your family and around the house, what is going well, what needs some work? These worksheets can help to sort ideas

Name: \_\_\_\_\_

**Are YOU a**  
**Bucket Filler?**

Bucket fillers are people who...

Bucket dippers are people who...

Name: \_\_\_\_\_

Things that fill my bucket...



Things that dip in my bucket...



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### Options for Families:

- The "Have You Filled a Bucket" Book is an excellent resource and something that can be easily read by children even those in younger grades.

### Challenges for parents:

- If you have a bucket around the house, a sand pail, or a mixing bowl....you can use cotton balls, paper, candy or anything else you have around the house to fill your bucket as family members do nice things for one another. (Items can be taken out when needed also) once the bucket is filled the family could be rewarded with a fun activity that can be done together.