

# Bucket Filling from **A** to **Z**

- Ask if you can help
- Be a bucket filler
- Cheer up a friend
- Donate to a special group
- Excited to fill buckets
- Friends have fun or hang out
- Give a little of your time
- Heroes look out for others
- Invite someone to join the fun
- Joyful when you give a hug
- Kindness brightens your day
- Listen when people talk
- Make a bucketfilling card
- Notice helpful things
- Offer to help
- Practice daily bucket filling
- Quit any bucket dipping
- Respect everyone
- Smile and see what happens
- Tell your family you love them
- Use kind words
- Volunteer to do some work
- Watch out for bucket dipping
- EXtra-special is a friend
- You do your best
- Zero you can't work out