

## **Bucket Ideas for Middle School and High School**

**Cheer up a friend.**

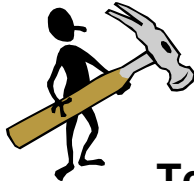
**Donate to a special group**

**Small Acts of Kindness**

**Listen When People Talk**



**Smile and See What Happens**



**Offer to Help**

**Tell Your Family You Love Them**

**Use Kind Words**

**You Do Your Best**

**Notice When Others Are Helpful**

**Express Gratitude – “Thank You!”**

