



**TODAY'S TOPIC:
Fill Your Bucket**

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

Think of a time that someone showed kindness to you. How did it feel?

Lesson

Fill Your Bucket

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> • Coloring sheet and markers • Find on online video of story • Optional: a bucket and cut out stars 	<ul style="list-style-type: none"> • Story link • Coloring page • Star print out 	To consider the importance of kindness.

ACTIVITY: Watch reading of Carol McCloud’s *Have You Filled A Bucket Today?*

ASK: What did you think about that story? Do you think being kind is really that important?

ASK: What are some ways that we show love and kindness to others:

Some Ideas:

- Complimenting someone: like telling your teacher they make you happy
- Giving gifts: like making art for your grandparents or teachers or friends
- Spending time with each other: like playing with the new kid at school
- Taking care of someone: like when they are sick or hurt
- Doing helpful things: like helping to carry in the groceries

ACTIVITY: Bucket Game

Read and act out the story of Riley’s Dreadful, Awful, Really, Really Bad Day. At the end of the story, **ASK:** What kind of bucket do we think Riley has now? Let’s pretend we are students on the bus Riley just climbed on and think of as many ways as we can to fill Riley’s bucket back up so she can have a better day! We can take turns sharing our ideas and drawing stars in Riley’s bucket.

SHARE: Just like in the story, we know that filling others’ buckets, fills ours up too! Write kind acts and put them in your own bucket.

SAY: Affirmation

AFFIRMATION – I choose to be a bucket filler! repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .

Riley’s Dreadful, Awful, Really, Really Bad Morning

NOTE: Change pronouns to fit your reader as necessary

This is Riley. Riley is sleeping, but it’s time to get up for school. “BEEP! BEEP! BEEP!” goes the alarm. Riley does not look ready to wake up. “BEEP! BEEP! BEEP!” goes the alarm again. Riley groans as she rolls slowly out of bed and smacks the off button on the alarm. On her way to the closet, Riley steps on a lego toy! “OOOOWWWW!” She cries out. Then, hopping on one foot she makes her way to the closet.

Just then, Riley’s mom bursts into the room and turns on the light, cheerily singing, “Good morning!” Riley shields her eyes from the light whining, “Mo-om!” but her mom is already headed back down the hall to wake her brother. Riley digs through her drawers, looking for her favorite shirt. “Where is it!?” she yells in frustration.

“Breakfast is ready,” mom calls from the kitchen. Huffing loudly Riley grabs a shirt and wriggles into it. In the mirror she frowns, “I hate this shirt” she whispers, but there’s no time to change. Riley stomps to the kitchen for breakfast.

In the kitchen, Riley’s mom and brother are eating oatmeal. Riley turns up her nose and glares at her mom. She doesn’t like oatmeal and mom knows it. She goes to the fridge to get a

glass of orange juice instead. "There's barely any left!" she blurts out, pulling the carton from the fridge and dramatically slamming it down on the counter.

"Sounds like someone woke up on the wrong side of the bed" Dad announces, coming in from the yard with the dog. Brother giggles. Riley clenches her fists. She feels like yelling. "Leave me alone" she says instead as she heads to the bathroom to brush her teeth. She finds the toothpaste with the cap off. Her brother apologizes immediately. Riley rolls her eyes and leaves.

"HONK! HONK!" The bus. Riley pulls on a jacket, laces up her shoes and slams the door on her way out. "This is going to be a bad day" she thinks as she climbs the bus stairs and finds a seat.

THE END