



The  
**LeaderinMe™**

## **Bucket Filling & SAcK** Homeside Activity



### **What is Bucket Filling:**

Everyone carries an invisible bucket that holds our good thoughts and feelings. When our buckets are full, we feel happy and when our buckets are empty, we feel sad. A bucket filler is someone who says or does nice things for other people. By doing this, they are filling other people's buckets and filling their own bucket at the same time. On the other hand, a bucket dipper says or does things to cause other people to feel bad. A bucket dipper empties their own bucket and others' buckets when they say and do hurtful things.

### **What Is A SAcK?**

Quite simply.....**Simple Act of Kindess**☺ We often hear of Random Acts of Kindness....Stanton teachers thought that our students would better understand simple act of kindness. What a great way to really fill someone's bucket!

### **Homeside Activity:**

1. Ask/discuss with your child.....
  - Describe bucket filling and simple acts of kindness.
  - How did he/she fill buckets at school? What SAcKs did he/she do at school? At home? At any other activities (sports, scouts, etc.)?
2. Have your child fill out the bubble gum cutouts whenever he/she does a SAcK and bring them back to the classroom to share as a celebration and to inspire others to do SAcKs. The gumballs will be displayed on the Bubble Gum bulletin board.
3. Later this month, your child will also bring home your Family SAcK (decorated lunch bag). The family challenge: fill your family SAcK with all the nice things you do for one another this month. Celebrate those little things each night after dinner or at some special designated time!