

SESSION 12

HOW FULL IS YOUR BUCKET?

OVERVIEW OF SESSION

In this session, we explored the idea of filling people's buckets. The idea is that everyone has an imaginary bucket and when you do and say kind things to others, you fill their bucket, but if you say or do unkind things, that empties their bucket. This means **doing and saying nice things to other people makes them, and us, feel good.**





CHILD ACTIVITY



Draw something that fills your bucket.

