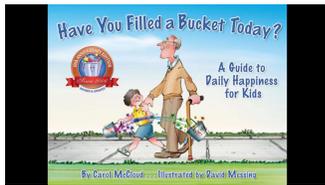


Opening:

Find one container per person and fill with favourite items: lego, pom poms, treats, etc. Make the levels different from full to empty. Present the buckets and ask kids how they feel about the level of their buckets. Does it make them feel happy or sad? Is there anything that can be done to help those whose buckets are emptier? How do the kids feel when their buckets are fuller? Is anyone willing to share to help fill someone else's bucket?

**Bible Discussion: 1 Cor 13: 4-8 (Love is...)**

This passage is perhaps one of the most well-known both in sacred and secular circles. It talks about what love is. Here in Douglas Talks, we hear Douglas discuss what love is and recite the passage for kids.

**Storytime: Have You Filled a Bucket Today?**

The concept of everyone having a bucket to express how they're feeling and how our decisions and actions can help fill someone's bucket or empty it is now over a decade old! But for many kids, this concept and the actions that go with it is still very new. This book explains what it means to be a bucket filler.

**Object Lesson: Showing God's Love**

David and Teesha Laflin tour, providing ministry to kids through illusions and magic tricks. This object lesson talks about how sometimes we know what we need to do, but our heart doesn't always want to listen.

Follow-Up Family Activities:**Valentine's Day Cards:**

There are some great card ideas to be made with markers, construction paper (or any paper!), and glue! One favourite is this one: <https://sugarspiceandglitter.com/i-love-you-this-much-kid-made-card/>. Or for another interactive card, you can try this: <https://www.thebestideasforkids.com/handprint-valentine/>. Work with kids to come up with people in your lives who might want/need their bucket filled and make cards for each of them!

Bucket Filling Pledge

As a family, take the bucket filling pledge. Check out the attached list of ideas and the pledge form and fill it out together! Check out: <https://bucketfillers101.com/free-resources/> for more ideas!

**Closing Prayer & Song:**

Finish the lesson with the closing prayer, then enjoy a final dance party to this semester's theme song for the last time!



Bucket Filling from to

- A - Ask if you can help**
- B - Be a bucket filler**
- C - Cheer up a friend**
- D - Donate to a special group**
- E - Excited to fill buckets**
- F - Friends have fun or hang out**
- G - Give a little of your time**
- H - Heroes look out for others**
- I - Invite someone to join the fun**
- J - Joyful when you give a hug**
- K - Kindness brightens your day**
- L - Listen when people talk**
- M - Make a bucketfilling card**
- N - Notice helpful things**
- O - Offer to help**
- P - Practice daily bucket filling**
- Q - Quit any bucket dipping**
- R - Respect everyone**
- S - Smile and see what happens**
- T - Tell your family you love them**
- U - Use kind words**
- V - Volunteer to do some work**
- W - Watch out for bucket dipping**
- X - EXtra-special is a friend**
- Y - You do your best**
- Z - Zero you can't work out**



I AM A BUCKET FILLER.
For the next 30 days, I pledge to fill a bucket every day.

Name: _____ **Date:** _____

	Date	I filled a bucket by:
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