



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**PROJECT
CORNERSTONE**
A YMCA of Silicon Valley Initiative

Ideas for a Bucket Filling Journal

I am a *bucket filler*.

I do my best every day to *fill buckets*,

not to dip,

and to *use my lid* to protect

my own bucket and other people's buckets

at home, at school, and everywhere I go.



Adapted from *My Bucketfilling Journal*



30 Ideas for Bucketfilling

1. I will smile at 6 people today.
2. I will be the first one to say "hello".
3. I will be kind to all—those I know and those I do not know, yet.
4. I will be an *UP-stander*.
5. I will invite someone new to play with me today.
6. I will treat all people with respect.
7. I will *say and do* something when someone needs support.
8. I will *tell and make a report*, to keep my community safe.
9. I will use *I messages* to let others know how I feel.
10. *Rumors stop with me!*
11. I take full responsibility for the words I speak and the actions I carry out.
12. I will talk to a caring adult when I need help.
13. I will be forgiving and give others second chances.
14. I will replace *negative self-talk* with *positive self-talk*.
15. I will make a *genuine apology* when I have caused harm to others.
16. I will think of ten things I am thankful for.
17. I will *dance to my own song*.
18. I will perform 5 intentional acts of caring for others in my community.
19. I will be the one to notice when someone does a good job.
20. I will be honest with my-self and others, even when it is not easy.
21. I will be a *good digital citizen*, by *filling buckets* online.
22. I will volunteer my time for a worthy cause.
23. I will treat others the way I want to be treated.
24. I will *stand* tall every day.
- ~~25.~~ I will give others confidence by encouraging them.
26. I will *stop and think* before I act.
27. I will *stand in others' shoes* so I can try to understand how other people feel.
28. I will remember that everyone has different talents and abilities.
29. I will start my day with a happy thought.
30. I will be a *bucket filler* to everyone I meet.