



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Family Movie Night – *Have You Filled a Bucket Today?*

Have You Filled a Bucket Today? by Carol McCloud

This book uses a bucket to symbolize our need to be *filled everyday* with positive experiences. The power of affirming words is captured by the simple concept of *bucket filling*. By expressing and doing acts of kindness and appreciation, we create happy feelings and good thoughts that *fill our bucket and the buckets of others*.

The movie that complements this month's book is *Pick of the Litter*. **Please review the movie before watching as a family.** Movie suggestions are from Common Sense and full reviews can be found under Parental Guidelines for movies:

<https://www.common Sense media.org/movie-reviews/pick-of-the-litter>

Discussion Questions for *Pick of the Litter* (age 6+)

1. Families can talk about *Pick of the Litter's* subject material. Do you prefer documentaries about animals to those about humans? Why or why not? Who did you connect with most in the film: one of the dogs or one of the humans?
2. What didn't you know before about the life of someone who is blind? If your vision were limited, how would it change your life? Is your vision is limited, how has it affected your life? How does hearing the stories of people who are visually impaired increase your empathy?
3. How do the Guide Dogs for the Blind staff and at-home trainers demonstrate teamwork to get each puppy to achieve its full potential?
4. The trainers, who serve as human "parents" to the puppies, are the most invested in whether the pups achieve guide dog status. How do they *fill the dogs buckets*? Do you see any similarity to how parents and kids approach school, grades, and/or the college application process?
5. Why do people volunteer for community service? How do you think you could help your community?
6. Are there *Upstanders* in this movie? If so who?

Ways to Reinforce This Lesson at Home:

Be a Secret Bucket Filler Agent

Materials: strips of paper, Sticky notes, pen or pencil

- Your job, if you choose to accept it, is to secretly leave *bucket filling* messages around your home.
- Write a kind message to a sibling and slip it under their dinner napkin.
- Leave a sticky note for a parent to thank them for something specific on the steering wheel of the car.
- Be stealth and sneaky as you leave *bucket filling* messages around your home because you are a *BUCKET FILLER!!*

Volunteer

- You may not be able to foster a puppy with a purpose, but what about other volunteer opportunities?
- Check out this link of ideas for families volunteering together from Doing Good Together: <https://www.doinggoodtogether.org/volunteer-together-local>