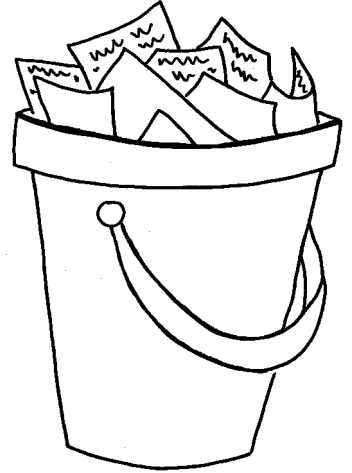


Bucket of Feelings

Ages 5-12

Activity Objective:

This activity symbolizes the importance of giving oneself positive messages as well as “keeping” those messages that make us feel good inside.



Instructions:

- Group leader provides a bucket or container and discusses how the bucket represents the inner self.
- Group members discuss what kinds of things fill their bucket and what types of things subtract from their bucket, as well as the people who are responsible for both of those perceptions.
- Each participant then has the opportunity to show how empty or full their bucket is.
- Group members are then given paper and pen and asked to write at least 10 positive things about themselves. The bucket is passed around and they fill their bucket up.
- A discussion is important afterwards focusing on how each individual can be responsible for contributing to their own positive self-image and why it is important to fill and not dip out of other's bucket.

Materials Needed:

- Bucket or container
- Paper
- Pens
- Scissors