



Good Feelings Bucket

Feeling good about yourself is important! Do you know why?

- Gives you energy
- Builds confidence
- Helps you make friends
- Makes you happy

Is it important to keep your bucket full of good feelings? **YES!**

Ways to fill your good feelings bucket 🤔

1. Being kind to others. *Think of an example* _____
2. Making good choices. *Example* _____
3. Fixing your mistakes (taking responsibility).
Example _____
4. Controlling your reactions. *Example* _____
5. Being nice to yourself if you make a mistake.
Example _____

Ways your bucket gets drained

1. Being mean to others. *Example* _____
2. Breaking the rules. *Example* _____
3. Not doing your best work. *Example* _____
4. Lying or cheating. *Example* _____
5. Giving up when learning something new.
Example _____

Do these things fill or drain your bucket???

1. Choosing not to help someone.
2. Trying new things.
3. Being honest.
4. Teasing someone.
5. Giving up.
6. Being patient with others.
7. Doing your best work.

How full is your bucket right now? (0-10 scale)

Name one way you will work on filling up your good feelings bucket?

You can do it!!



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Better Behavior: Helping Kids Create Change and Improve Relationships, by Noah Kempler, PsyD, Available at [Amazon.com](https://www.amazon.com)