



Affirmations

Supplies:

- Book “Have you Filled a Bucket today? A Guide to Happiness”
- Cardstock or paper
- Pencil
- Pen
- Crayon
- Other art supplies

Age or Grade: 5-19

Time: 30 Minutes



Background: Practicing mindfulness includes how we choose to interact with others. Sometimes we choose to be mean and our actions hurt those around us. Sometimes we choose to be kind and our kind actions help those around us. It is important to understand that how we choose to treat people impacts us too. Affirmations are kind words that we say to someone like “you are loved” or “you are funny”, affirmations are meant to make people feel happy and good about themselves.

Project Goal: Practice being mindful towards others by creating an affirmation card or gratitude card.

What to Do:

1. Read the book “Have you Filled a Bucket Today? A Guide to Happiness for Kids”. The book can be found online, on YouTube or for checkout from your library online.
2. Choose a person that you would like to create a card for.
3. Use the art supplies to create a card for someone with words of affirmation or gratitude.
4. Send the card to the person you chose!

Reflect:

1. Think of a time when your bucket was full? How did you feel?
2. Think of a time when your bucket was empty? How did you feel?
3. Why is it important to fill other people’s buckets?

Apply:

1. What was the one thing you learned to do in this project?
2. Why is observation so important?

Notes for Parents or Helpers:

Any scrap of paper or note paper will be ok, cardstock is ideal but if you do not have it available any piece of paper will be fine to make an affirmation or gratitude card.



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