

# MOTIVATIONAL MAGIC

with Steve Harmer

7436 Silver Hill Rd NW Calgary AB T3B 3Y1

Phone/Fax: (403) 247-6622

Email: [steve@magicplus.ca](mailto:steve@magicplus.ca)

Website: [www.motivationalmagic.ca](http://www.motivationalmagic.ca)

"Now Offering 11 Inspiring Assemblies!"



## Be A Bucket Filler !

*"Go Be a Bucket Filler! You Can Make a Difference!"*

Warm-Up and Introduction:

**GAME: Clapping and 3 Rules**

**TRICK: 10 Bucket Balance**

**TRICK just for fun: Red and White Ropes In Buckets Trick**

Introduction of the Show:

**\*SHOW POSTER # 1: Have You Filled a Bucket Today!**

Overview: "We all are born with 'invisible buckets'.

These buckets represent our mental and emotional health.

I'll be talking about how affirming words and actions can strengthen children, families and communities."

The more we give kindness and love away, the more it multiplies and comes back to us!

**TRICK: Multiplying Red and White Handkerchiefs to Dove**

1. WHAT - is a bucket? What is a lid? What is a dipper?

A Bucket holds the good thoughts and feeling we have about ourselves.

A Lid protects us and keeps the good feelings in and keeps the bad feelings out. It also keeps the truth in and the lies out.

A Dipper tries to steal your good feelings.

When we feel happy and good our buckets are full.

When we feel sad and lonely our buckets are empty.

**\*POSTER # 2: Be a Bucket Filler. Don't dip. Use your lid.**

Here is an exciting mystery trick. When we fill the buckets of others, we also fill our own buckets.

**TRICK: Bucket of Water & 3 smaller buckets**

**TRICK: Terrific Triangle with Delightful Dog Leash**

2. WHO - needs their buckets filled & WHO are bucket fillers?

**Everybody** needs their buckets filled: babies (when we hold, caress, nurture, touch, sing to, play them we fill their buckets), also kids, teachers, parents, bus drivers, principals, caretakers, grandparents .....

**Everybody** can learn to be better Bucket Fillers.

What is exciting about bucket filling is that it is fun and easy to do:

It doesn't matter how old you are.

It doesn't cost any money.

It doesn't take much time.

**TRICK: Smile Maker (with 2 buckets and 2 bucket filler helpers)**

**3. HOW - do we fill a bucket?**

You fill a bucket - when you show love towards someone,  
- when you say or do something kind or  
- when you simply smile or say thanks.

Examples: Tell your mom and Dad you love them.

Smile and say good morning to the bus driver.

Invite a new student to play with you.

Write a Thank You note to your teacher.

Tell your Grandpa that you like spending time with him.

**TRICK: Crystal Box to Flowers (Heart Balloon & Love is.... Cards)**

**4. WHY - do we fill buckets?**

It encourages, strengthens and builds others up.

It spreads happiness, peace and joy.

A Bucket Filler: A loving person who makes others feel special!

A Bucket Dipper: An unloving person who steals the good feelings.

When we are feeling badly or upset, fill a bucket and it will help you feel much better.

Sometimes we don't feel like filling buckets because we are mad or sad. The stoplight poster shows us what to do.

**\*POSTER # 3: Be a Bucket Filler! STOP, YIELD, GO.**

**TRICK: Stop Light Trick (with 1 helper)**

Stretch Break to Music

**5. WHEN - do we fill buckets?**

All the time! Every Day! 24/7! Forever! Never Quit!

**STORY/TRICK: The Story of the Chinese Bamboo Tree**

We must persevere and continue to fill the bucket of another even when they don't respond or seem grateful. Over time, they are often changing on the inside, and can grow into bucket fillers even years later.

**6. WHERE - do we fill buckets?**

Everywhere! \*At home, \*At school and \*In the community!

**Resource Sheet: 67 Bucket Filling Words and Actions (attached)**

**TRICK: Bucket Filling Words and Actions bring LIFE (Rabbit) (with 1 helper)**

CONCLUSION:

Bucket Filling is exciting and wonderful because:

It is fun and easy to do!

You can make a difference!

You can change the world!

**TRICK: Empty Bucket Poster with Jumbo Crayons**

**TRICK: Magic Painting**

**\*SUMMARY POSTER # 4: Fill a Bucket... It's good for you!**