

PEANUTS®

TAKE CARE OF YOURSELF




KNOW HOW TO KEEP COOL



On a hot summer day, Charlie Brown fills his bucket with cold water to cool off. Keeping cool is just one way to focus on what brings you joy. If you think of life as Charlie Brown's bucket, what fills your bucket?

This activity helps you recognize all the things in your life that fills your bucket with happiness, whether it be cooling off on a hot summer day or spending time with friends!

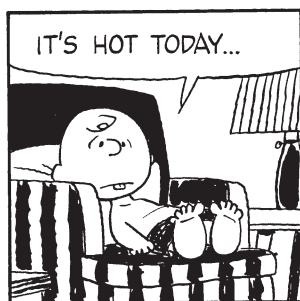
Share your activities on social media!

#TakeCareWith Snoopy @snoopygrams |    @Snoopy

GET STARTED!

Instructions:

1. When Charlie Brown needs to beat the heat, he takes the time to fill his bucket. Everyone has a bucket that fills them with happiness, but what fills up each bucket is different for everyone. For Charlie Brown, cooling off in the summer heat and spending time with Snoopy fills his bucket. This activity helps you think about what fills your bucket and will bring you gratitude for the small joys in your life.
2. Think about what fills your bucket. What can you do to make you feel happy, content, and fulfilled. These can be small things that bring you joy, like cooling off in the summer and playing outside with friends.
3. On the next page, write down all of these things in the bucket to “fill it up.”
4. When you're having a bad day, or just want to have a better day, take a look at your bucket and pick one thing to do that will make you feel better!



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OF
YOURSELF

MY BUCKET OF JOY

