



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

PROJECT  
CORNERSTONE  
A YMCA of Silicon Valley Initiative

# ABC Tips for Yard Duty

This month, the **ABC** book is *Have You Filled A Bucket, Today?*. Our goal is for every student to learn and practice the friendship building skills of being a **bucket filler**! All adults and students can help build these skills.

## ABC Skill Building Vocabulary:

- 1. Bucket fillers** use kind words and actions to show caring for others.
  - Showing kindness and caring to others helps **fill their buckets**, and it makes you feel great too!
  - *Notice, name and celebrate* when you see and hear students using kind words and caring actions to **fill buckets!**
- 2. Don't dip!** When our own bucket feels low, we are tempted to *dip* into someone else's bucket. We hope to fill up our own bucket. It doesn't work. *Dipping* hurts us and others.
  - **Bucket dippers** are words and actions that cause others to feel hurt or unsafe.
  - **Bucket dipping** is not allowed at our school. Our school is a place where all people can feel safe and cared for.
- 3.** You may need to temporarily **use your lid**, if someone tries to *dip into your bucket*.
  - You can choose to **use your lid** to stay safe: walk away, ignore, make a joke, distract, or get an adult.