

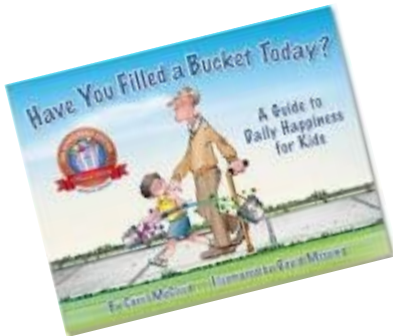


# ABC TK/Kindergarten

YEAR1

## Book of the Month

## Key Phrase



Title: Have You Filled a Bucket Today?  
Author: Carol McCloud  
Illustrator: David Messing  
Publisher: Ferne Press

Be a Bucket Filler!



## BOOK SUMMARY

*Have You Filled a Bucket Today?* uses a bucket to symbolize our need to *be filled every day* with positive experiences. We all have an invisible bucket to carry our good thoughts and positive feelings. Described in this book are ways to *fill our own buckets and the buckets of others* with kindness, appreciation, and love. Learning to fill buckets with these kind thoughts and actions is one of the most important keys to a happier life.



## FRAMEWORK

### Social and Emotional Learning (SEL):

Relationship Skills (ability to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.)

### Developmental Assets:

Support - #5 Positive School Climate

Social Competencies - #33 Interpersonal Competence

Positive Identity - #37 Personal Power

Empowerment - #8 Youth as Resources

Boundaries and Expectations - #12 School Boundaries and #15 Positive Peer Influence

Positive Values - #26 Caring

### Developmental Relationships:

Express Care – Be dependable, Be warm, Listen, Encourage, Believe in Me

Provide Support – Navigate, Advocate, Empower, Set boundaries



## GOALS

- Students will learn how to be a *bucket filler*.
- Students will learn self-control and not *dip into the buckets* of others.
- Students will build relationships by *filling buckets* with kindness.



## KEY IDEAS

The power of affirming words is captured by the simple concept of *bucket filling*. By expressing and doing acts of kindness and appreciation, we create happy feelings and good thoughts that *fill our bucket* and the *buckets of others*. Kindness is a quality that doubles when you share it. Being kind fills your own personal bucket and the bucket of the person you were kind to. Students and adults will learn to use the strong visual imagery of *bucket filling* as a tool to build friendship skills and a climate of kindness and respect school wide.



## CONVERSATION STARTER

Before you start, ask the teacher to provide name tags for the students. Sit in a chair in the front of the room. Have the students sit on the rug in front of you. Most classrooms are set up so that the children have assigned spaces in rows on the rug. When you meet your class, you want to have a conversation that goes something like this:

- Smile and introduce yourself, "Hi, I am \_\_\_\_\_. I am your Project Cornerstone reader. Every month I will read a story and do some fun things with you."
- Bring out your puppet from the bag, box, or basket. Say to the students, "This is \_\_\_\_\_, my puppet."
- (Puppet) "Let's see if you all have your name tags on. I would like to learn your names, so when I point to you, please say, "My name is \_\_\_\_\_." It may take me a little while, but if you help me, I will learn them."
- (Volunteer) "Don't forget to remind students about the class rules for Project Cornerstone time."
- (Puppet) *Oh that's right. Let's see. (Insert the class rules below.) Give me a thumbs up if this is a class rule:*
  - *We listen.*
  - *We take turns speaking.*
  - *We are kind to each other.*
- (Puppet) "Let's get ready to listen. Put on your listening ears, open your eyes, take a deep breath, sit crisscross applesauce, clap two times, and put your hands in your lap."
  - Look around and children should be ready to listen. You can recognize students who are ready.
  - Your puppet notices students that are sitting and ready. It says, "I see \_\_\_\_\_ is ready to listen. I see \_\_\_\_\_ is ready to listen."
- This is how you can use a puppet to grab the kid's attention and get ready for the lesson. Now that you've finished with your puppet it is important to put them back in their bag or container.
- Depending on how long the learning names above took, you can do this song or save it for your next visit. The attention getter, *One Little Finger*, works well or you can choose a different one.
- For the first lesson, chant one stanza. (Refer to the video of the song on the website under the playlist or the handout in materials):
  - One little finger, one little finger (hold up 1 finger on left and 1 on right)

- Two little fingers, tap, tap, tap (tap them together)
- Wave them up high, wave them down low
- Put them in your lap, lap, lap.



## READ THE BOOK

Tell the class that today you are going to read a book that talks about ways you can be kind and feel happy, and make others feel happy. When we hear kindness let's make a heart with our hands. Can you do that? (Demonstrate with your hands.) Everyone, show me your heart. As you read, pause, and prompt the students to make a heart when they hear words or acts of kindness.

Show students the book and read the cover and author's name.

- Say, "This book is called *Have You Filled a Bucket Today?*"
  - Look at the cover of this book.
  - What do you think it is about?
  - What does it mean to *fill a bucket*?"
- Say, "Let's open it up and find out how we fill buckets!"



## DISCUSSION QUESTIONS

As you read the book, you can stop and ask a question as you read or wait until the end.

1. How do you feel when someone has *dipped into your bucket*?
2. Have you ever *dipped* into someone's bucket?
3. What acts of kindness can you do to *fill a bucket*?



## ACTIVITY OPTIONS

TK

### Be a Bucket Filler

Materials: none

At this point your students may need to stand up and stretch a bit. So have them act out this simple skit.

- OK everyone let's pretend to be a *bucket filler*.
- Everyone stand up tall.
- Imagine you have a bucket.
- Let's stoop down and pick up a smile. (Pretend to grab something off the ground.)
- Everyone smile! Make it a big happy smile. Turn around and smile at the teacher.
- Put your smile in your pretend bucket!
- Hooray *bucket filling* is fun! Let's pretend to put our buckets on the ground and sit down.

(With the TK students, stop here and do the cheer to end the lesson.)

K

### Buckets of Kindness

Materials: bucket with cotton balls or pom-poms, bucket with Liquid Amber seed pods

Pass around a bucket filled with pom-poms or cotton balls or pass out a cotton ball. Have the students feel it. Ask: How does it feel? These cotton balls are for kind words and happy feelings. Who can name a kind word? What are happy feelings?

Then pass out a bucket filled with seed pods from Liquid Amber trees. Have students put their hand in the bucket. Ask: How does this bucket make you feel? Say these represent mean words and sad feelings.

- Which bucket feels best?
- Which describes your day today?
- What can we do to be a *bucket filler* and *fill other people's buckets*? Have the class popcorn their answers as you write them on a bucket poster. If time, act out the actions together.
  - Give someone a compliment.
  - Give a hug.
  - Help clean up.
  - Invite someone to play.
  - Say hello with a smile.
  - High five a classmate.



## CLOSING

The Closing section is an uncomplicated way to remind students of the tools or message they learned. Keep it short and to the point.

- Everyone stand up.
- We are going to count to three and then say loudly, "WE ARE BUCKET FILLERS! YES, WE ARE!"
- In a whisper say, "We are *bucket fillers*, and we *fill buckets*!"
- Or you can stand up, hold up a hand, and say the Bucket Filler Pledge. (See handout on website under materials.)

Have everyone sit down after this and say good-bye with a silent wave from the students.



## SCHOOL WIDE EXTENSIONS

### How to *Fill a Bucket*

Materials: Bucket handout for each student, crayons



Have the students draw a picture of something they can do to *fill a bucket*. They can dictate a sentence to an adult. Attach the parent letter to the bucket and send them home. The buckets could also be posted on a bulletin board.

### **Bucket Filler Buckets**

Materials: small paper cups, pipe cleaners, markers or stickers to decorate, stars and heart cut outs



1. Pre-write names on the front of the cup. Labels could also be pre-made, and students can place them on the cup.
2. Pass out stickers and decorate their buckets.
3. Attach a pipe cleaner after, to make the handle.
4. Pass out a star or heart have student draw a way to *fill a bucket*.
5. Attach the buckets to a bulletin board.
6. Add a pom-pom or cotton ball to their buckets when students do a *bucket filling* action or *fill someone else's bucket* with kind words.