



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

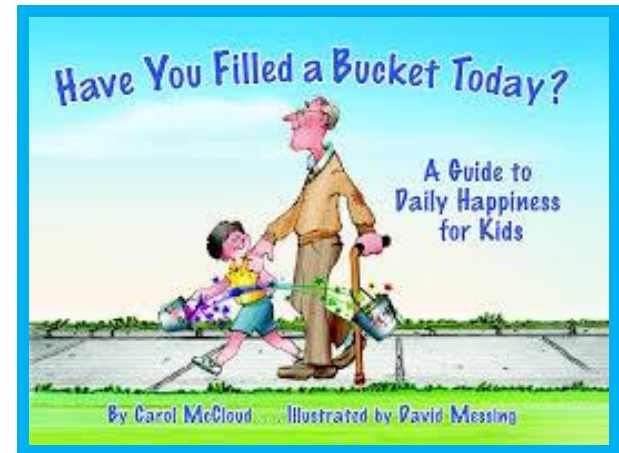
# Have You Filled A Bucket Today?

## And other Bucket Books

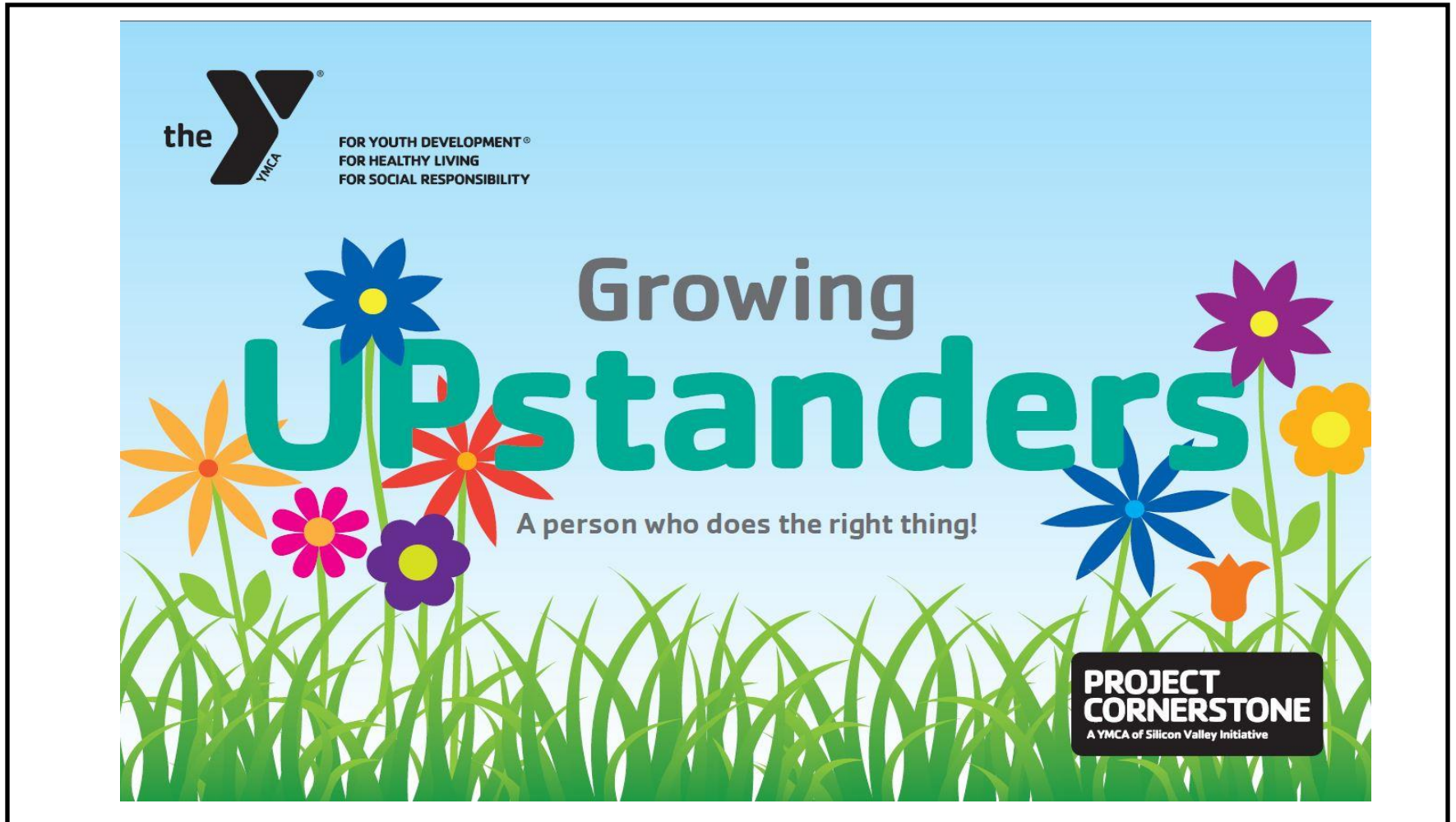
ABC ASSET YEAR LESSON 1  
PROJECT CORNERSTONE

# Schedule for Training:

- The Role of the Volunteer and ABC Review
- Summary of Books in Lesson
- Overview of Lesson, examples of activities by Grade Level
- Classroom Management Tips
- Q & A



# We are Growing Upstanders!



# The Role of the Volunteer

- You are a Bucket Filler!
- You are an example to these children!
- You are an empathetic and active listener!
- You are helping to create a positive and supportive classroom climate!

# From the very first moment, *invite children to build a relationship with you!*







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A YWCA of Silicon Valley Initiative

# GROWING UPSTANDERS

**Today is an UPstander Day.**

**Be Kind. Fill Buckets.**

**Swim Free. Don't Take the Bait.**

**Stand Up for All.**

**Everyone Counts! It Just Takes One.**

**Spark a Change.**

**C.H.I.R.P. Courage, Honesty, Integrity,  
Responsibility, and Perseverance**

**Your Voice Matters.**

# ABC Rules

## Be Respectful

Raise your hand.

Take turns.

Be an active listener.

Give your *Total Support* for sharing ideas & feelings.

Treat others with care.

Use a “no name” policy. \*

## Be Responsible

Use positive language.

Be helpful.

Be forgiving.

Be kind.

## Be Safe

Keep your hands and  
feet to yourself.

Follow directions.

**Reflection Question:**  
**How have you been effective in building relationships and modeling positive behaviors in classroom settings?**





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# Mindfulness Activity: Bucket Fillers

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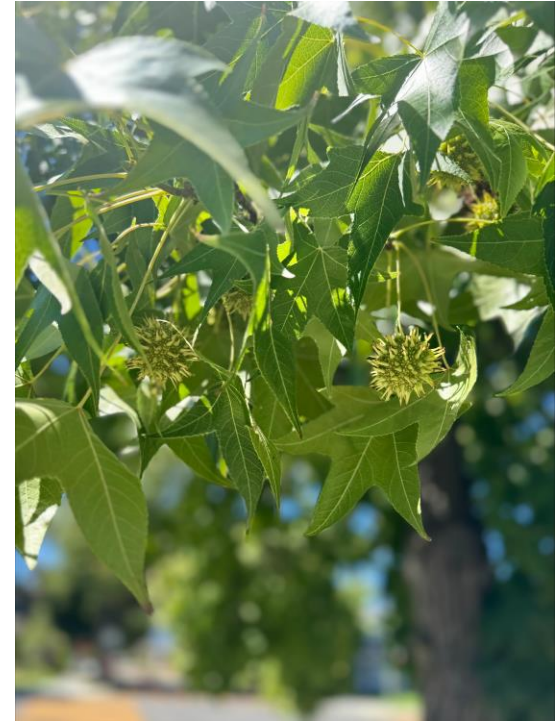
# Have You Filled a Bucket Today?

(K-2<sup>nd</sup>)

# Conversation Starters

# Soft and Prickly

- Show them the difference between positive and negative feelings



# Reading The Book

# Pre-Reading Set Up



# Reading the Book

- Work with the teacher ahead of time to know where you and the students will be during the reading
- Give students a preview of what the book is about
- Ask them to look for something specific, or think of something (i.e. what emotions do you notice?) while you read the book



# Tips for Reading to 5- 8-year-olds

- Engage with visuals: Point to pictures, ask questions about them, and encourage students to describe what they see
- Vary reading styles: Use different voices, pacing, and intonation to bring characters to life.
- Incorporate props: Use puppets, costumes, or objects to enhance the story.
- Encourage predictions: Ask students to guess what might happen next in the story.
- Keep them on topic: Refer them back to the lesson and book facts \*when\* they share unrelated details

# Engaging with students while reading



# Discussing The Book

# Questions for Younger Students:

1. Who has a bucket?
2. Why do we want a full bucket?
3. What does it feel like to have your bucket filled?
4. Why do people sometimes dip from buckets?
5. What are ways people dip?
6. How can you use your lid to protect yourself from bucket dipping?
7. How can you use your lid to protect others from bucket dipping?

# Activity Ideas

# What would you do?



# We Choose Bucket Filling





# Closing:

# 3-Minute Huddle

# 3-Minute Huddle: Reinforce key concepts and prompt a call to action

## I AM A BUCKET FILLER

I pledge to do my best  
to be a *bucket filler*  
every day at home, at school,  
and everywhere I go.



## BUCKET FILLER PLEDGE

I promise to do my best everyday  
to be a *bucket filler*,  
to not *dip*,  
and to *use my lid*  
for myself and others  
at home, school, and everywhere I go.



# Classroom Management Tips

# Effective Behavior Management Strategies

## **Use proximity control:**

Move closer to a student who is off-task to redirect their attention.

## **Offer choices:**

Give students opportunities to make decisions, which can increase their sense of control.

**Buckets, Dippers,  
and Lids (3<sup>rd</sup>-4<sup>th</sup>)**

**Growing Up with a  
Bucket Full of  
Happiness (5<sup>th</sup>-6<sup>th</sup>)**

# Conversation Starters

# Cotton Ball Competition





# Reading The Book

# Example of PreReading



# Tips for Reading to 8-12 Year Olds

- Use think-alouds: Share your thought processes as you read, modeling critical thinking and comprehension strategies.
- Promote discussion: Encourage students to share their thoughts and feelings about the story (these thoughts can be referenced later in the discussion- remember you are modeling for the students!)
- Vary the pace: Mix longer readings with shorter to help keep them engaged.
- Ask open-ended questions: Encourage students to think critically about the text and support their answers with evidence.

# Discussing The Book

# Setting them Up for a Positive Discussion

Remind them of “no name” rule

We don't share stories including someone's name- in this class or outside of this class

Thank them for sharing ideas

As they share, make sure to make it clear you heard them and you appreciate them speaking up

If there is a lull, you can allow for them to have some thinking time, and also give examples

Sometimes that question isn't clear for them

# Questions for Buckets, Dippers, and Lids

1. How does it feel when your bucket is filled?
2. What are some ways you like to fill other people's buckets?
3. We all receive and give love in different ways. How do you like to show kindness? How do you like to receive kindness? (If examples are needed you could refer to the 5 love languages: service, kind words, physical touch, gifts, time together)
4. When have you let angry feelings become hurtful words? How do you keep yourself from dipping into other's buckets?
5. What were some of the "secrets to happiness"? (learn to fill buckets, resist the urge to dip, use your lid) Think silently about one of those three tools you could improve.
6. How can we try to focus on filling each others' buckets at school more effectively?

# Questions for Growing Up with a Bucket Full of Happiness

Ask Students the following questions after reviewing parts of the book:

1. How do you choose friends you want to spend time with? How do those friends treat others and how do they treat you?
2. How can you fill your own bucket at school? At home?
3. Who can you talk to about your bucket?
4. How can you be better at the second rule: Don't Dip?
5. What can you do when you feel yourself dipping into your own bucket?
6. Have you learned the law of the lid?
7. Can you think of a time when you used your lid to protect yourself or others?

# Activity Ideas



# What would you do?

In the lesson plan, this is listed for K-2, but you can always adapt any part of the lesson to different ages, and role playing is always a powerful teacher!

- Adapt to their experiences
- Come with examples ready to go

# Name Game Bucket Filling

Give students practice in giving and receiving compliments.

- A positive way to start building relationships within the classroom.



# We Choose Bucket Filling



# Closing:

# 3-Minute Huddle

# Reflection

Set an intention individually or as a class for the day, week, month, year.

Ask the students to close their eyes and think about a that they would like to put in someone's bucket today. Keep their eyes closed and ask students to think again how it feels when someone dips from their bucket. What could students *say or do to fill someone's bucket and their own*? Have students pair share with the person sitting next to them.

Thank students for their time and encourage them to set a goal to fill someone's bucket every day.

# Classroom Management Tips

# Effective Behavior Management Strategies

## **Teach self-regulation:**

Help students develop strategies for managing their emotions and behavior.

## **Use restorative justice:**

Focus on repairing harm done and building relationships.

# School Wide Extensions



# Schoolwide Bucket

Make the most of all students learning the same concepts!

**Goal: One Schoolwide extension this year.**



# Final Reminders

# Parent Communication

**The more ways you can communicate with parents, students, and staff the more they will internalize the tools.**

- **School marquee**
- **Send our parent/guardian newsletter home through the classroom teacher and school news**
- **Print out stickers for students to wear home**
- **Encourage students to fill up their family buckets**
- **Create (or update) a Project Cornerstone section on your school's website**

# Closing Comments

## Remind your ABC Readers of:

- Setting up Reading Schedule with teachers
- Meeting Schedule for Schoolsite Trainings
- Asset Building opportunities at your school