

How Full is Your Bucket?

This lesson focuses on the link between Respect and Kindness. Students will be on the hunt for ways to show respect for others and their classroom through kind words and actions. At the end of each day during the week, the class will gather and highlight how they were able to show respect and kindness to themselves and others.

Respect Sub-Concept(s)

Self-Care, Kindness

Lesson Timeframe

Two 45 minute sessions

Required Materials

- Basic art supplies
- Blank Bucket image
- Blue water drops (color in sheet below)

Standards Map

This lesson aligns with CASEL Competencies, National Health Education Standards, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.



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AS A RECOMMENDED PROGRAM
FOR SOCIAL AND EMOTIONAL LEARNING.**
See last page for details.

Lesson Objective

Students will:

- Illustrate the concept of random acts of kindness through actively respecting themselves and others in the classroom.
- Explain what respect looks like.

Teacher Connection/Self-Care

Respect for your community is a natural result when one possesses self-respect and respect for others. This is the third piece of the puzzle under the heading of respect. How do you demonstrate respect within your school and your community? Getting involved in organized opportunities allows you to give back in a structured, concrete way. However, don't overlook the daily random acts of kindness that you have access to within the school and your town. Simple tasks, such as cleaning up the campus or turning off unused lights in your home to decrease electricity usage, are also valid ways to respect your community. Stay alert to the opportunities presented to you. This will in turn help you pass this practice down to your students.

Tips for Diverse Learners

- Identify ways each child can participate in filling their bucket regardless of physical or verbal limitations.
- Draw pictures during the brainstorming session to aid in comprehension.



Share

5 minutes

Review the tower building activity from last week and ask the following:

- *How have we shown respect to others in our classroom so far?*
- *How have others in our class responded to you helping out and showing kindness?*



Inspire

Respect in Action

5 minutes

Explain that this lesson will encourage each person in our class to practice respect daily. When we show ourselves, each other, and our school respect, we are using kindness to create a positive place to learn. We have worked hard to learn about self respect, respecting others, and respecting our school. Now it is time for you to try it out on your own. How do you practice respect each day? What are some ways we can be kind and give respect in class?

- Show up ready to learn.
- Encourage our friends when we are working together.
- Help straighten up the classroom before the end of the day.

Brainstorming Session

7-10 minutes

Draw a simple stick figure child in the center of a large piece of paper (or on the whiteboard). Brainstorm ways that students have already shown kindness and respect in the classroom and on the playground. Ask the following questions to generate a conversation as needed. Write the answers around the stick figure.

- How did you show respect on the playground?
- How did you show respect with your friends?
- How were you able to show respect when someone treated you unkindly?



Empower

20 minutes

Read “How Full is Your Bucket” by Tom Rath

Read aloud link https://www.youtube.com/watch?v=A5R6-2m_qHk

Grandpa says we each have an invisible bucket that needs to be filled. What does that mean?

What happened at home, on the bus, and at school to empty Felix’s bucket? (Slips on floor, drops the cereal, kids whisper about him, make fun of his backpack, and call him names.)

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What happens during the day to his bucket? (Classmates like his story, chosen as captain, teacher compliments his picture, student compliments his backpack, he helps someone, gives friend a baseball, says hi to someone new, and helps his sister.)

Filling Your Bucket

Explain that each person will receive a bucket in our class. We will practice showing respect and kindness to ourselves, each other, and our school for the rest of this week (or month; your choice!). At the end of every day, we will meet and discuss how we were able to practice kindness and respect. Every act that you can identify will be another drop in YOUR bucket. If you show respect towards another person, they will also get a drop in their bucket. Let's try to fill up all of our buckets by the end of the week!

Give each student a bucket and have them label the handle with their name. Demonstrate how to fill the bucket by writing or drawing acts of kindness they completed that day.

Make sure to carve out time to complete this activity daily for at least a week. Designate a bulletin board to hang your buckets during this activity.



Reflect

10 minutes

When we show respect to others, we are filling their buckets with drops of kindness. Some actions empty our buckets while others fill it up. Remember it is not only about YOUR bucket.

- *Do people's words and actions fill or empty your bucket (i.e. make you feel happy or sad)? Why?*
- *What words or ways people act fill your bucket? What words or ways people act empty your bucket?*
- *When you fill people's buckets, how do you think they feel about you?*
- *What can you do if your disrespectful words or actions empty someone else's buckets?*

Showing respect and treating others with kindness can be habit forming. Be prepared for a very positive class if you are willing to devote some quality time to this activity every day for at least a week!



Extension Ideas

- This lesson can be extended throughout the entire month, or even the school year if desired. Create a bulletin board and continue adding drops of water as you observe moments of respect and kindness throughout the day.



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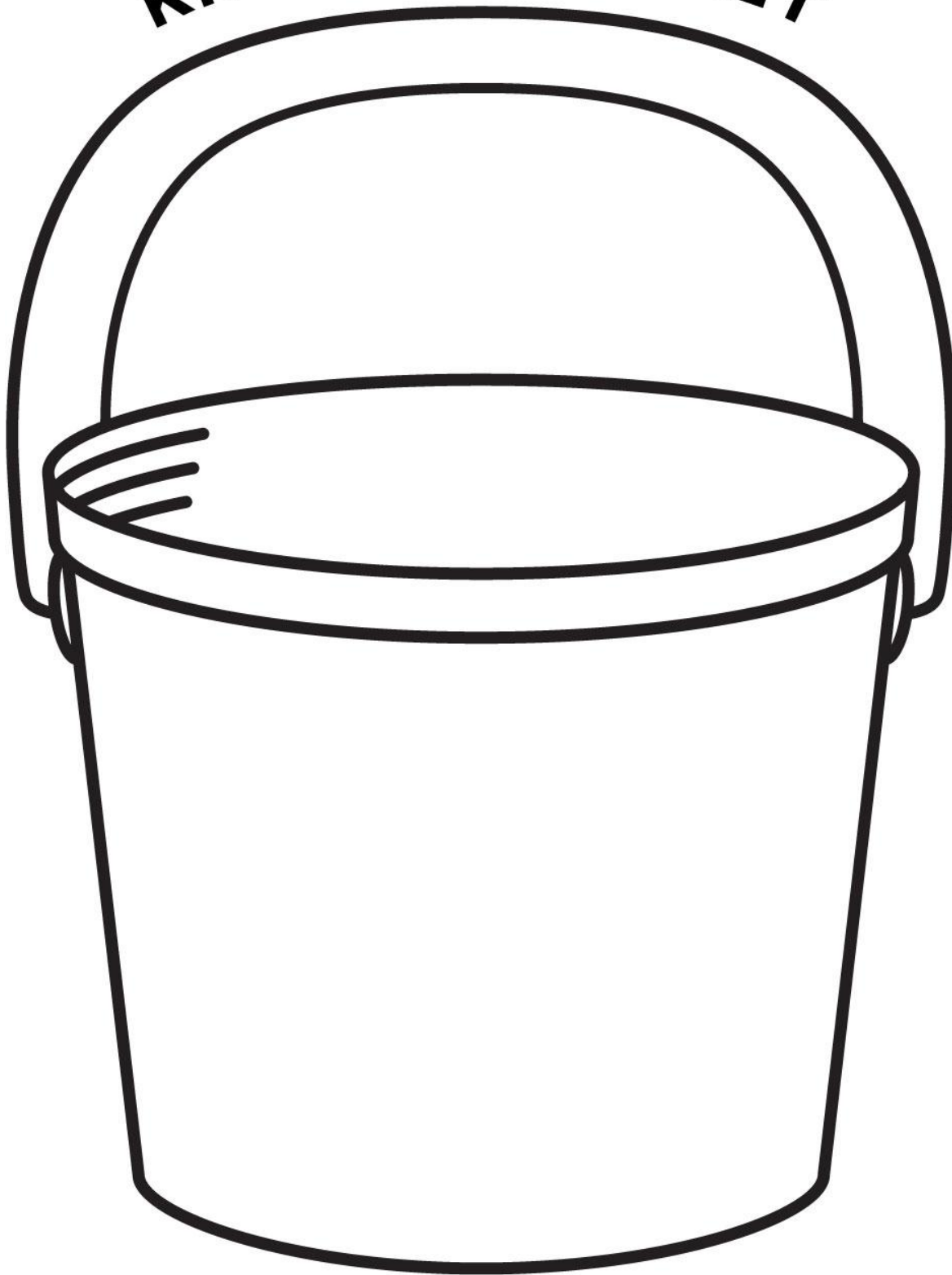
The Collaborative for Academic, Social, and Emotional Learning (**CASEL**) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the [CASEL Guide to Effective Social and Emotional Learning Programs](#).

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>

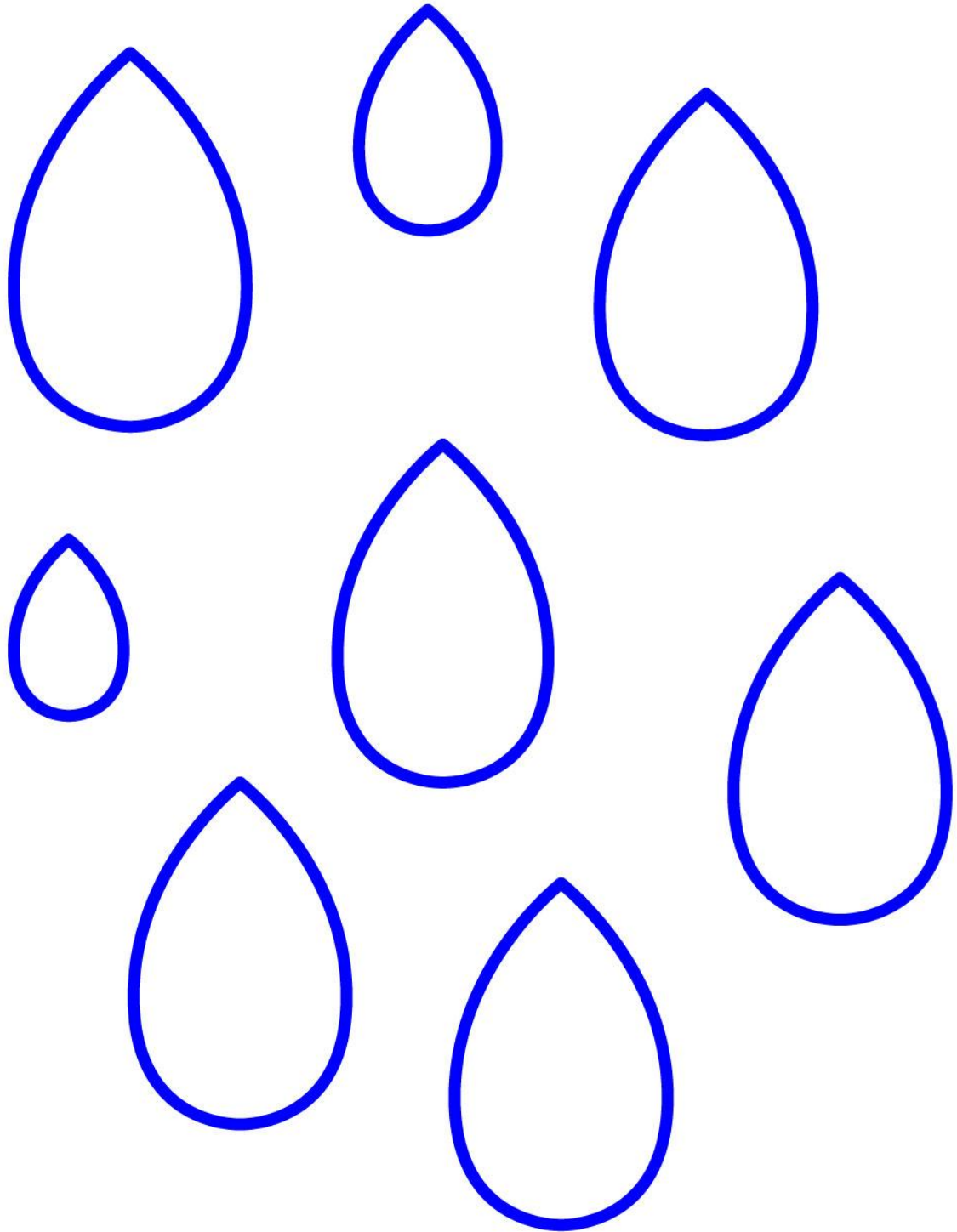
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