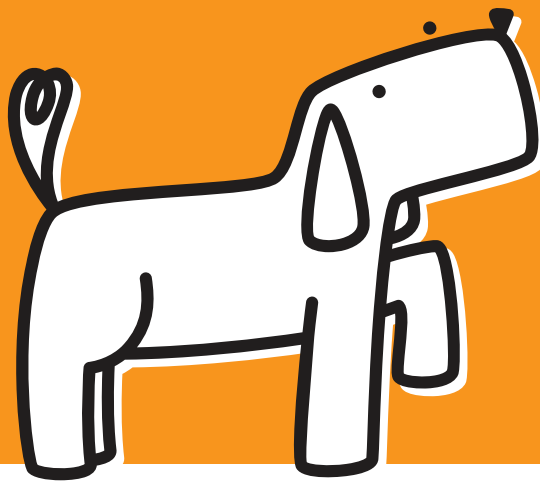


## OPTION I



## LESSON

# 4

### Caring for Others Unit Kindergarten • Ages 4-6

#### TIME FRAME

Preparation: 10 minutes  
Instruction: 20 minutes

#### MATERIALS

Art supplies, cover stock, markers,  
colored pencils, crayons

Small cut out buckets from  
construction paper, enough for  
students to record acts of kindness.  
Students could also cut these out.

Optional: Create a large beach picture  
made out of paper for students to tape  
buckets to.

[Kindness Concept Posters](#): Caring,  
Helpfulness, Respect

#### LEARNING STANDARDS

Common Core: CCSS.ELA-  
Literacy.SL.K.1a-b, 2, 3, 5, 6;  
CCSS.ELA-Literacy.W.K.3; CCSS.  
ELA-Literacy.L.K.1, 2 Colorado:  
Comprehensive Health S.3,  
GLE.1, EO.a; Reading, Writing  
and Communicating S.1, GLE.1,  
EO.a,b,c,f,h,i,j; S.1, GLE.2, EO.a,b,c,d,e;  
S.3, GLE.1, EO.c; S.3, GLE.2, EO.a,b

[Learning standards key](#)

## Filling Buckets

Students will gain experience performing  
kind acts and reflecting on them.

### Lesson Background for Teachers

This lesson builds on previous lessons in this unit.

### Key Terms for Students

Consider writing key terms on the board before class to introduce vocabulary and  
increase understanding.

**FILL A BUCKET** Things we do, see or feel that make us feel like our best self.

**KINDNESS** Kindness means being friendly, generous or considerate to  
ourselves and others through our thoughts, words and actions.

### TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Writing at their developmental level; offer blank pages, pages with lines, pages with sentence frames. You may need to create a different page depending on what the students want to write.
- Using the examples they wrote on the buckets as a reference while writing or drawing their kindness page.

RAK lessons teach kindness skills through a step-by-step framework of **Inspire, Empower, Act** and **Share**.

However, each lesson starts with the **Share** step to reinforce learning from previous lessons.



## Share (3 mins)

In groups of 3, have students share words they used that **fill people's buckets**.

## Inspire

### Looking for Kindness

*We are going to continue talking about how we can **fill our buckets**. Between now and (specific date), we are going to be looking for **kindness**. I am going to give you a bucket and when you see, say or do something **kind** or caring for others, for the environment or for yourself, write it or draw it on the bucket. We will tape our bucket to the beach scene. Hopefully our beach will be filled with lots of buckets of kindness!*

## Empower

### Filling Buckets (5 mins)

During the next few weeks (or whatever time period you have determined), encourage students to notice acts of **kindness** and write them on a bucket. At a certain time of the day, have students read the act of **kindness** they observed before attaching it to the beach scene. As they get closer to the specific date, encourage them to keep looking for acts of **kindness**.

**Optional Math Extension Activity:** At the beginning of the project, have students predict how many ways of **kindness** they will gather. You could record them on a number chart on the board or with a thermometer. You could also have them set a goal that they will try to reach. At the end of the time period, have the students count the number of buckets, read a few out loud and compliment them for being so observant.

### Wrap Up (5 mins)

To gauge understanding of the material, choose from either the evaluation or reflection questions as discussion, writing or journal prompts. Consider providing additional time for deeper evaluation and reflection as needed.

### Evaluation Question

- List all the things you can think of that we added to our buckets.

### Reflection Question

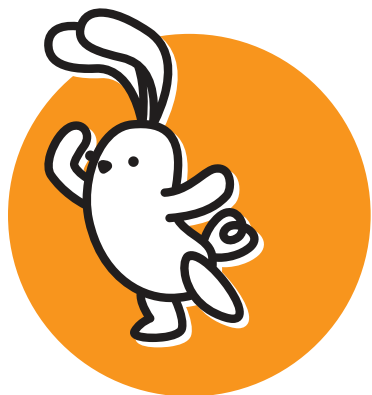
- Which bucket do you think it's hardest to fill? Self, others, community or environment?

### Summary

*Today we learned about all the ways our classmates were **kind** to others and themselves. This gives us good ideas about how to be **kind** in the future!*



The RAK paradigm is the framework for teaching and building kindness skills.





## Act (2 mins)

### Kindness Minute

*Find one thing in the trashcan that can be recycled and put it in the recycle bin. If you don't have recycling, find one thing as a class in the trash that can be reused.*

### Kindness in Action

What can we do to fill the Earth's bucket? Do one nice thing for mother Earth today. Pick up trash, recycle or reuse something instead of throwing it away. You could also donate something.



# KINDNESS BUCKET

