



## LESSON

# 3

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

#### TIME FRAME

Preparation: 10 minutes  
Instruction: 20 minutes

#### MATERIALS

How Full is Your Bucket? For Kids by  
Tom Rath and Mary Reckmeyer (Gallup  
Press: 2009)

Or search YouTube for read aloud  
version of book.

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

#### LEARNING STANDARDS

Common Core: CCSS.ELA-  
Literacy.RL.K.1, 2, 3, 4, 10; CCSS.  
ELA-Literacy.SL.K.1a-b, 2, 3, 4,  
6; CCSS.ELA-Literacy.L.K.1, 4, 6  
Colorado: Comprehensive Health  
S.3, GLE.1, EO.a; Reading, Writing  
and Communicating S.1, GLE.1,  
EO.a,c,f,h,i,j; S.1, GLE.2, EO.a, b,c,d,e;  
S.2, GLE.1, EO.a,i,ii,iii, b,i, d,i

[Learning standards key](#)

## How Full is Your Bucket?

Students will be introduced to the idea  
of how kind acts affect people.

### Lesson Background for Teachers

This lesson builds on [previous lessons in this unit](#). Visit the RAK Youtube channel to  
see a video of a school in Cambridge, England implementing the kindness bucket  
lessons. <https://www.youtube.com/watch?v=R2BRVWDRhdc>

### 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.

**EMPTY A BUCKET** Things we do, see or feel that make us feel  
like we can't act the way we want to.

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

### TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Having additional copies of the book to view in small groups or seeing the book  
on a document camera.
- Watching the teacher write the act of kindness described in the story on  
a bucket as a visual aid while reading the book and to help prepare for the  
Kindness Bucket Activity.
- Pretending to fill or empty the bucket as they listen to the story. Students may  
need encouragement to stay in their own personal space during this exercise.  
(See [Creating a Kind Classroom](#), Kindergarten lesson for personal space  
activities.)
- Looking through other books or resources from the classroom library to find  
examples of kindness.

### Resources

Search the internet for a YouTube video of the book being read.

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.



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



## Share (3 mins)

Have students share what they did for their Kindness in Action from the [Kindness Bingo lesson](#). Ask the students what they did or could do to be **kind** to someone at home.

## Inspire

### How Full is Your Bucket? (5 mins)

*We are going to read a book called "How Full is Your Bucket?" I want you to listen as I read for the ways that people are **kind** and unkind in the book and what happens because of the way they act. At the end, I will ask you to mention the ways that people show **kindness** in the book."*

Read the book, showing the pictures and pausing to explain the words that students don't understand.

## Empower (10 mins)

### Discussion (5 mins)

After you finish reading, ask the following questions:

- 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, dog stole his muffin, kids whisper about him, make fun of his backpack, call him names.)
- What happens during the day to **fill 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, helps his sister.)
- 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**?
- Are there ways to be kind to animals or in nature that fill your bucket?
- Where do you see people **filling other people's buckets**?
- When you **fill people's buckets**, how do you think they feel about you?

As students answer the questions, you can point to the images from the **kindness** bingo or you can write some of these responses on the board.

### 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

- This week, what is one way you can **fill someone's bucket**?

#### Reflection Questions

- Think of one way you had your **bucket filled** today?

## Summary

There are many ways everyday that we can **fill each other's buckets** or empty them. It's important to remember that we are doing this all day long. **Filling someone's bucket** is a **kind** way to treat each other.



## Act (2 mins)

### Kindness Minute

Call someone in from the office, someone in the hall, a parent, another class or whoever you can find and sing them your **kindness** song!

### Kindness in Action

Use your words to **fill someone's bucket** today. Complete the home extension activity.



# Home Extension Activity

NAME

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PLEASE RETURN BY

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## CARING FOR OTHERS

**Background:** As part of the Random Acts of Kindness program at your student's school, we have been learning about respect, consideration and caring. Ask your student what he or she has learned about these qualities and discuss the vocabulary words listed below.

### Vocabulary Words

**RESPECT** Treating people, places and things with kindness.

**CONSIDERATION** Showing thoughtfulness for others.

**CARING** Feeling and showing concern for others.

**HELPFULNESS** Assisting or serving others in a kind way.

**Directions:** Discuss the following questions and write (or have your student write or draw) responses in the space provided or on the back and return to school by the date shown.

How do you think we can show respect, consideration and caring?

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How do you think respect, consideration and caring can help create kindness in our house and with your friends?

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