

# Be a Bucket Filler

This lesson helps students understand how to show respect and kindness to other people. It also helps reinforce the idea that showing respect and kindness to others actually is a way to feel good about themselves as well. When we fill up someone else's bucket, we also fill up our own.

**Respect Sub-Concept(s)**

Self-care, Kindness

**Lesson Timeframe**

35-40 minutes

**Required Materials**

- ☐ *"Have You Filled a Bucket Today?"*  
by Carol McCloud
- ☐ Kindness Bucket printout (one for each student)

**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.



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

## Lesson Objective

Students will:

- Review the definition of Respect.
- Learn what it means to be a bucket filler and a bucket dipper.
- Identify ways to treat others with respect.

## Teacher Connection/Self-Care

Write a positive affirmation on the board today to remind everyone (including yourself!) that you are a valuable member of the class.

**Tips for Diverse Learners**

- Work with a bilingual volunteer or support worker who could facilitate the interviews and translate key words.
- Provide a graphic organizer for those students who need this step as a pre-writing strategy.
- Choose three to five questions rather than all seven if the information is overwhelming.
- If appropriate for learners, connect a current event that highlights either a positive example of people respecting each others' opinions or a negative example.



## Share

3-5 minutes

Write the word RESPECT on the board. Ask students to give you the definition that you learned in Lesson 1. If you have not completed Lesson 1, tell students the definition: *Treating people, places, and things with kindness.*

Ask students how they have shown respect so far today. Examples could be holding a door open for someone, smiling and saying hello, thanking someone, or taking care of themselves and their things by doing things like getting enough sleep, brushing their teeth, making their bed, or keeping their room clean.



## Inspire

7-10 minutes

**Read:** “Have you Filled a Bucket Today?” by Carol McCloud

**Read Aloud Link:** <https://www.youtube.com/watch?v=pOJy8-OC0iU> (5 min)

Once you are done with the story, ask students to answer the following:

1. According to the story, what can we do to fill up someone else’s bucket?
2. What happens when we are unkind to someone else?
3. Can we fill our own buckets if we dip into someone else’s bucket?
4. How does it feel to fill up someone else’s bucket?
5. What happens to our bucket when we treat others with kindness?



## Empower

### Filling Other People's Bucket

20 minutes

Print and hand out a Kindness Bucket to each student. Have them write their name on their bucket. Then, have them exchange buckets with 4-5 other students. When they exchange, they should write or draw something they like or appreciate about that other person. For example, if Anna and Milo exchange buckets, Anna could write "You are kind" on Milo's bucket, and Milo could write, "You are a good helper" on Anna's. Spelling is not important so long as the sentiment is understandable. Kids can also draw pictures to represent the sentiment if writing is a challenge.

Have students get their own bucket back after several exchanges.



## Reflect

3-5 minutes

Have students take a minute to read and think about what their classmates wrote on their buckets. Ask for some volunteers to read what people wrote. Discuss as a class how it feels to read kind things about ourselves. It makes us feel good! Also ask students how it felt to fill up each others' buckets.

Encourage students to be a bucket filler - not a bucket dipper - every day this week! At the end of the week, consider asking students how they filled other people's buckets and how it made them feel in return.



## Extension Ideas

- Create a bulletin board out of the Kindness Buckets. Write messages of encouragement to each student throughout the Respect Unit..
- Home Extension Idea: Send an extra Kindness Bucket printout home and encourage kids to put it somewhere where the family can write nice things about each other or about their whole family to fill up their family bucket.



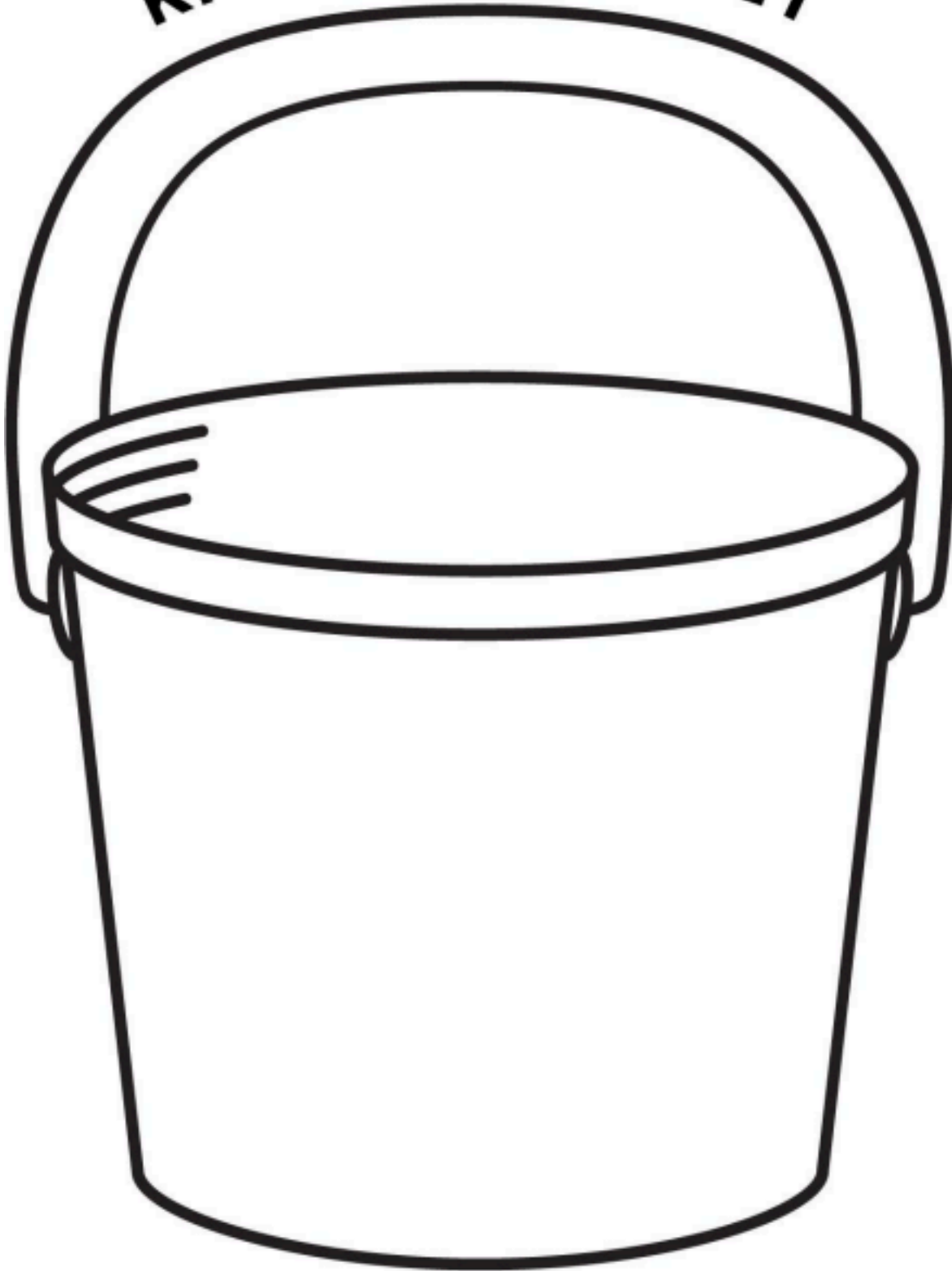
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LEARNING.

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/>

# KINDNESS BUCKET



**RANDOM ACTS OF KINDNESS**  
FOUNDATION®