

Kindness Buckets

KINDNESS BEYOND THE CLASSROOM™
KINDNESS BOOST • OPTION 1 • RESPECT

Lesson Timeframe

25-30 mins

Materials

- ❑ *How Full is Your Bucket?* by Tom Rath (Read aloud option at <https://youtu.be/mWe6Z3zEwoA>)
- ❑ Respect poster (optional)



Share

Discuss the connection between KINDNESS and RESPECT. Define Respect: RESPECT IS TREATING PEOPLE, PLACES, AND THINGS WITH KINDNESS. (Show the Respect poster if desired.) As a group, identify kind behaviors that demonstrate respect. How do you treat your family, your friends, or new students in your class? Ask volunteers to share one way to demonstrate kindness in their classroom. Aim for 2-3 volunteers.



Inspire

When we are kind to those around us, we are naturally demonstrating respect for them. We have many opportunities to be kind each and every day. Today we will read a book about kindness. Read “How Full is Your Bucket?” (or listen to it for free online). As a whole group, work through 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?
- What happens during the day to his bucket?



Empower

Each participant will create a personalized bucket. See below for a template. Demonstrate how to fill the bucket by writing or drawing acts of kindness on a “drop” and adding it to the bucket. Encourage each student to fill at least 3 buckets other than their own. If space allows, hang up your kindness buckets for people to add to each day as they arrive to the program.



Reflect

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.

- 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?

