

Have You Filled A Bucket Today?

Kindergarten-First Grade, SEL

Kindness, empathy, positive self-worth, and creating a caring school community

OVERVIEW & PURPOSE

Understanding kindness in simple and concrete ways.

ASCA Mindsets & Behaviors Alignment

Mindsets:

- M1: Belief in development of whole self, including a healthy balance of mental, social/emotional, and physical well-being.
- M2: Sense of acceptance, respect, support, and inclusion for self and others.

Behavior Standards:

- B-SS 2: Create a positive and supportive relationships with other students
- B-SS 4: Demonstrate empathy
- B-SMS 7: Demonstrate effective coping skills when faced with a problem

OBJECTIVES

Students will:

1. Understand the concept of “bucket filling” and “bucket dipping”
2. Identify kind actions that help others feel valued and included
3. Recognize ways to “fill their own bucket” through positive self-talk, healthy choices, and asking for support
4. Participate in a schoolwide kindness challenge

MATERIALS NEEDED

1. Youtube Read Aloud: [“Have You Filled Your Bucket Today?” By Carol McCloud](#)
2. Bucket or container
3. Pom-poms or cotton balls

4. Presentation slide: [Bucket Filler Visual](#)

ACTIVITY

Introduction (5 minutes)

Hold up an empty bucket.

Ask:

- “What happens when a bucket is empty?”
- “How do people feel when they are sad or lonely?”
- “What are some things that help people feel happy and cared about?”

Explain:

“Everyone has an invisible bucket. Kind words and actions fill buckets. Mean words and actions dip from buckets. Let’s listen to this story and see what this looks like.”

Read Aloud (10 minutes)

Play the Read Aloud. [Have You Filled a Bucket Today YouTube](#)

Ask:

- “What are some things we saw that made that person feel good?”
- “Did that fill their bucket?”

Interactive Activity (10 minutes)

Pass around a bucket. Ask students to share one kind action that could fill someone’s bucket. Each kind response, you can add a pom-pom to the bucket. Have the students continue to pass around the bucket getting more responses and more pom-poms.

Examples:

- Helping a friend
- Sharing
- Saying thank you
- Including others
- Giving compliments

Filling Your Own Bucket (5 minutes)

Ask:

- “What helps fill YOUR bucket?”

Examples:

- Hugs
- Playing outside
- Resting
- Talking to someone
- Trying your best
- Thinking positive thoughts

Explain:

“We can help fill our own buckets too. When we do nice things for others, our buckets get filled too.”

Closing Challenge (5 minutes)

“This month, our school is going to work together to fill as many buckets as we can! Each class will have its very own bucket. Whenever you notice someone being kind, including others, inviting someone to play, helping a friend, or using kind words, you can add a pom-pom to your classroom bucket. Make sure to tell your teacher what you saw.

We will watch our buckets fill up as we spread kindness all around our school. At the end of the month, we’ll see how many pom-poms we collected and celebrate all the kind things happening on our campus each day!”