

Kindergarten Activities

Activity 1: "Have You Filled a Bucket Today"

Listen to Have You Filled A Bucket Today By Carol McCloud:

<https://www.youtube.com/watch?v=3EuemNAo6XE>

After watching the book, talk with the people that live in your house about what it means to "Fill Someone's Bucket." How do you feel when someone does something that fills your "Bucket?" How do they feel when you do something that "Fills Their Bucket?"

Find a jar, shoe box or container around your house. Decorate it if you want to and make it your "House Bucket". Every time someone does something that is kind, put something in the "House Bucket." You could use anything you have around, marbles, cotton balls, slips of paper, or noodles. At the end of the day, count how many kindnesses you have done for each other and discuss how you feel. You can even make a chart for the week and see which day had the most kindnesses recorded. Talk about how this makes everyone feel.

Activity 2: "I'm a Booger, Treat Me With Respect!"

Listen to I'm a Booger, Treat me with Respect by Julia Cook:

https://youtu.be/_doBYIf7w80

After watching the video trace your hand and write these five tips for good handwashing on each finger: 1. Wet your hands 2. Add soap 3. Bubble up for 20 seconds (sing Happy Birthday 2 times) 4. Rinse 5. Dry with a clean towel. This will keep you healthy and safe.

Find all of your tissue boxes and with a pencil, marker, crayon or anything you have, draw a ghost on each box so that everyone remembers that you need to use a tissue if you put your finger in your nose.

Acts of Kindness for Kids

We know that acts of kindness and small gestures can bring joy to others, and by helping others, we in turn benefit especially in these stressful, uncertain times. In fact, by thinking about and doing things to help others, we can actually reduce our own anxiety.

In this activity, you will help your students understand how kindness benefits everyone! It is made up of two parts:

- A [brainstorming worksheet](#) to help them think about acts of kindness and the people they care about
- A [worksheet with cut-outs](#) they can use to create notes to brighten someone's day

Instructions: Print out (or send) the brainstorming worksheet and cut-outs worksheet (above) for your students. And along with the worksheets, you may want to share your thoughts and ideas about what kindness may look like and how being kind to others will make them feel.

You can have your students add the brainstorming worksheet to their [social emotional learning journal](#) or you can use this lesson as a stand alone activity.

Additional Resources:

Books:

- [Listening with My Heart: A story of kindness and self-compassion](#) by *Gabi Garcia and Ying Hui Tan*
- [Kindness Starts With You – At School](#) by *Jacquelyn Stagg*
- [A Little SPOT of Kindness!](#) by *Diane Alber*

Games

- [Totem the feel good game, Self-Esteem Game for Family Bonding, Positive Parent Children Relationships, Team Building, Counseling and Therapy](#)

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