

# How Full is Your Bucket?

This lesson focuses on the link between Respect and Kindness. Students will be on the hunt for ways to show respect for others and their classroom through kind words and actions. At the end of each day during the week, the class will gather and highlight how they were able to show respect and kindness to themselves and others.

**Kindness Sub-Concept(s)**

Self-Care, Kindness

**Lesson Timeframe**

45 minutes

**Required Materials**

- ❑ Basic art supplies
- ❑ “How Full is Your Bucket,” by Tom Rath
- ❑ Blank Bucket image
- ❑ Blue water drops (color in sheet below)

**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:

- Illustrate the concept of random acts of kindness through actively respecting themselves and others in the classroom.
- Explain what respect looks like.

**Teacher Connection/Self-Care**

Look for ways to show respect for the school community today. Pick up garbage, shut off a light in an empty room etc. Set the tone for students!

**Tips for Diverse Learners**

- Identify ways each child can participate in filling their bucket regardless of physical or verbal limitations.
- Draw pictures during the brainstorming session to aid in comprehension.



## Share

3-5 minutes

Review the definition of respect. Can students recite it for you? If not, remind them - *treating people, places, and things with kindness.*

### Ask:

- *How have we shown respect to others in our classroom so far?*
- *How have others in our class responded to you helping out and showing kindness?*



## Inspire

### Respect in Action

5 minutes

Explain that this lesson will encourage each person in our class to practice respect daily. When we show ourselves, each other, and our school respect, we are using kindness to create a positive place to learn. We have worked hard to learn about self respect, respecting others, and respecting our school. Now it is time for you to try it out on your own. How do you practice respect each day? What are some ways we can be kind and give respect in class?

- Show up ready to learn.
- Encourage our friends when we are working together.
- Help straighten up the classroom before the end of the day.

### Brainstorming Session

7-10 minutes

Draw a simple stick figure child in the center of a large piece of paper (or on the whiteboard). Brainstorm ways that students have already shown kindness and respect in the classroom and on the playground. Ask the following questions to generate a conversation as needed. Write the answers around the stick figure.

- How did you show respect on the playground?
- How did you show respect to your friends?
- How were you able to show respect when someone treated you unkindly?



## Empower

20 minutes

**Read:** “How Full is Your Bucket,” by Tom Rath

**Read aloud link:** [https://www.youtube.com/watch?v=A5R6-2m\\_gHk](https://www.youtube.com/watch?v=A5R6-2m_gHk) (7 min)

**Ask:**

- *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, kids whisper about him, make fun of his backpack, and call him names.)
- *What happens during the day to 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, and helps his sister.)

### Filling Your Bucket

Explain that each person will receive a bucket in our class, and students will practice showing respect and kindness to themselves, each other, and the school for the rest of this week (or month; your choice!). At the end of every day, meet and discuss how students were able to practice kindness and respect. If they show respect towards another person, they will also get a drop in their bucket. Encourage everyone to fill up their buckets by the end of the week!

**Instructions:**

- Give each student a bucket (or have them cut out and color the bucket on the last page of this lesson; print enough for each student).
- Have them label the handle with their name.
- Demonstrate how to fill the bucket by writing or drawing acts of kindness they completed that day on a drop. Tape or glue a drop to the bucket.

Make sure to carve out time to complete this activity daily for at least a week. Designate a bulletin board to hang your buckets during this activity.



## Reflect

10 minutes

*When we show respect to others, we are filling their buckets with drops of kindness. Some actions empty our buckets while others fill them up. Remember, it is not only about YOUR bucket.*

- *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?*
- *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?*

*Showing respect and treating others with kindness can be habit-forming. Be prepared for a very positive class if you are willing to devote some quality time to this activity every day for at least a week!*



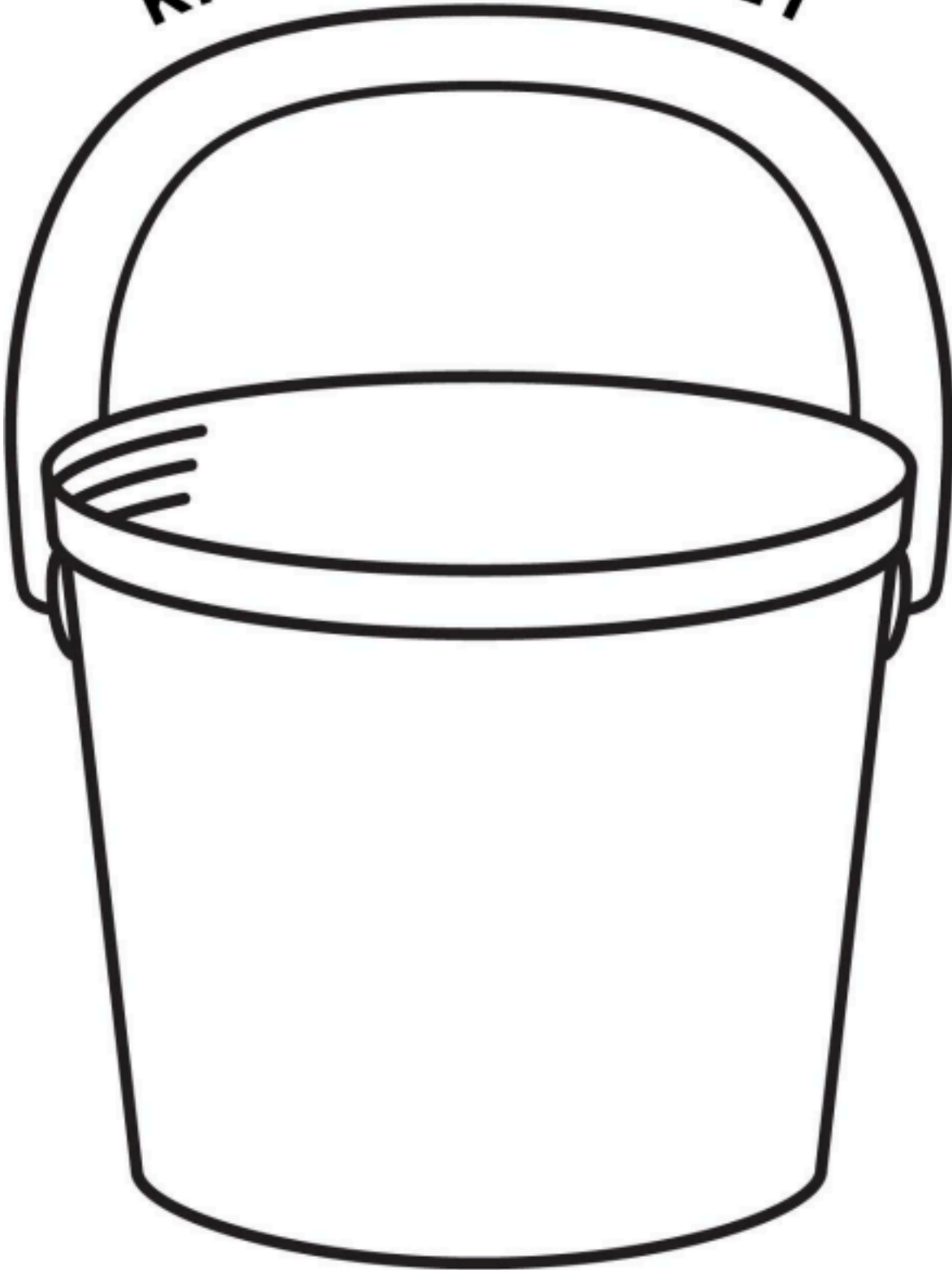
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AS A RECOMMENDED  
PROGRAM FOR SOCIAL  
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LEARNING.

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.

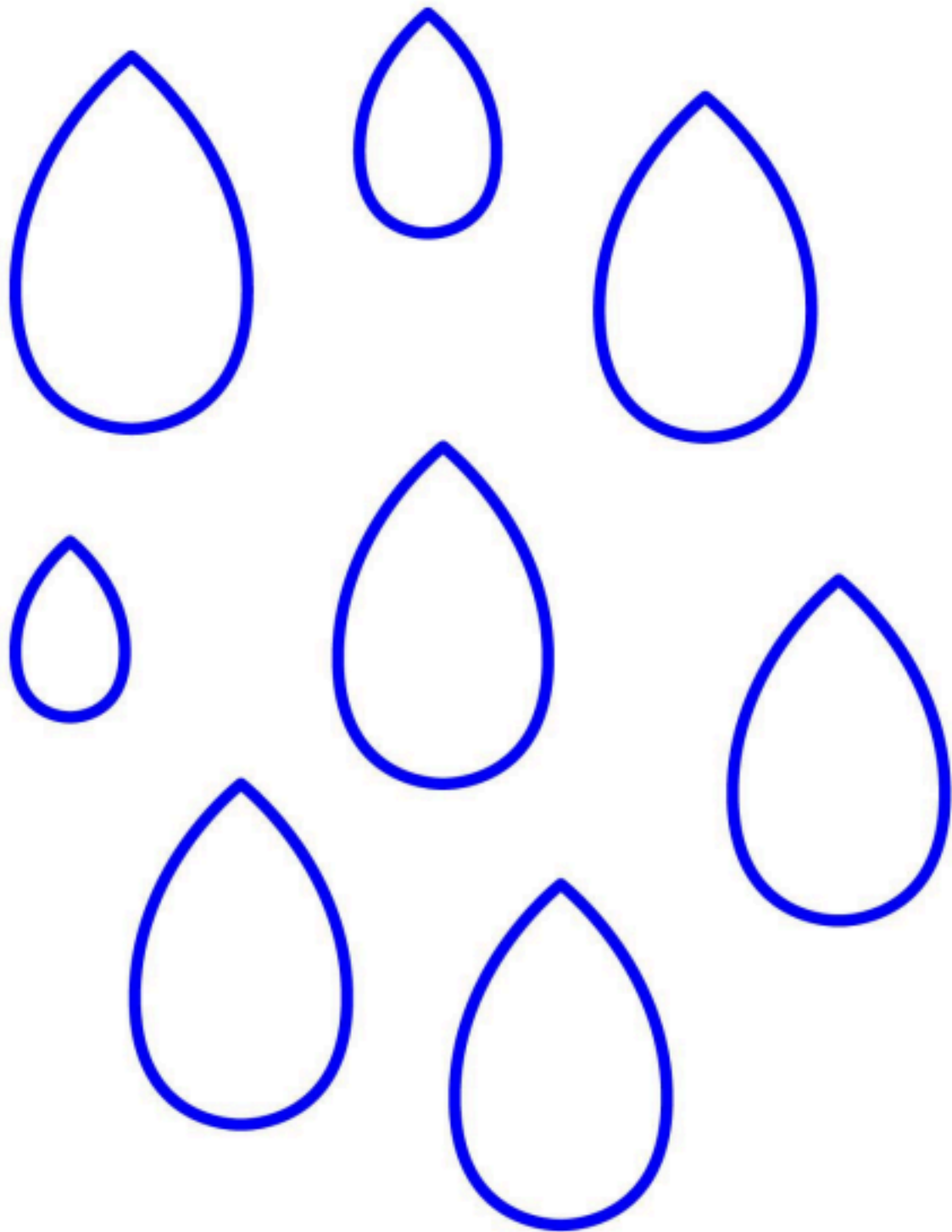
Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>

# KINDNESS BUCKET



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