

## SEL – K LESSON 3 – Have You Filled a Bucket Today?

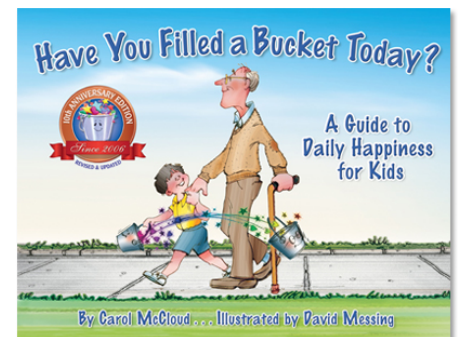
Curriculum: Social-Emotional (Core competency – Personal)

Learning Goals:

- Practice social responsibility (treating others with respect and creating safe environments to learn) is part of growing up
- Help students express their feelings (good and bad) in a healthy manner
- Create positive home and school environments

Story: Have You Filled a Bucket Today? By Carol McCloud.

<https://www.youtube.com/watch?v=Jg38zCOMgk>



Activity:

Read the story: Have You Filled a Bucket Today? By Carol McCloud.

Say: We all carry an invisible bucket that contains our feelings. When our bucket is full, we feel great. When our bucket is empty, we feel sad. A bucket filler is someone who says or does nice things for other people. By doing this, they are filling other people's buckets and filling their own bucket at the same time. On the other hand, a bucket dipper says or does things to cause other people to feel bad. A bucket dipper empties their bucket when they say and do mean things.

Questions for you to answer:

- What are some ways to fill someone's bucket?
- What are some ways to fill our own bucket?
- Notice when someone filled your bucket. What did they say? How did it make you feel?

Challenge:

Find someone every day and fill their bucket with kind words.