

What's In Your Bucket?

Goals & Objectives: Students will learn about the value of “filling other’s buckets.” This activity teaches students about being aware of others feelings and treating others in kind and respectful ways. Students also learn how the effects of bullying can harm others and cause them to feel sad and hopeless.

Participants: 1st-6th grade students; a classroom so typically between 20-25 students

Time: About 20-30 minutes initially and then 10-20 minutes at the end of each week

Process:

- 1) Start by explaining what a bucket “filler” and a bucket “dipper” are to the students. Each person has an invisible bucket that contains our feelings. Sometimes our buckets are full of happy feelings and sometimes we feel empty because of negative emotions. A bucket “filler” is someone who is nice to others, gives others compliments and encouragement and makes others feel good. A bucket “dipper” is someone who is not nice to others, bullies others, and makes others feel bad.
- 2) Read off situations that can either fill or dip from a person’s bucket. These can be adapted for grade and age developmental level as appropriate. You can also ask students for scenarios or examples. As the situations are read and discussed, put one cup of water into the bucket for bucket filler situations and take one cup of water out of the bucket for bucket dipper situations. You can either discard the water in an extra container, drink it, or if you are outside, you can pour it out.
- 3) Eventually, have the bucket become empty and discuss with the students how it makes us feel and behave when our buckets are empty.
- 4) Pass out the materials (Styrofoam cup, strips of paper, and decorating materials) to the students and have them make their own bucket.
- 5) Leave bucket filler forms in the classrooms and have the students fill out a form for at least 3 other class members each week.
- 6) At the end of each week, have teachers gather the class and all the students can read their bucket filler forms aloud.

Materials: 1 Large Bucket half filled with water

1 plastic cup

1 Gallon of water

Enough Styrofoam cups for each member of the class to have one

Strips of paper 1 inch x 6 inches (enough for each member of the class)

Decorating materials for the cups (markers, stickers, etc.)

Bucket filler Forms (see attached sheet)

Evaluation: At the end of each week, students will have time at the end of the day to read their "Bucket Filler Forms" out loud with the class. Students will discuss how these forms make them feel and can have time to discuss if there are any issues in their life making their buckets especially full or empty. Teachers can also give feedback as to if they are seeing a more positive environment within their classroom.

Variation: Each student could have buckets filled with water and could experience what it feels like to have a bucket "emptied" on them 😊 This would be best done outside on a warm day at the end of the year for a celebration. Other materials besides water could also be used such as cotton balls or candy if there is not a situation where students can become wet.

Source: <http://myfunteacher.com/bucketfillers.htm>