

HOW FULL IS YOUR BUCKET?

Synopsis

When Felix is unkind to his sister, his grand-dad tells him that everyone has an emotional bucket. At first Felix doesn't understand but then realizes that everything he says or does to other people fills or empties their 'buckets'. So he starts to do helpful and kind things, and in the process, discovers that filling some else's bucket also fills his own.

Lessons and objectives

Each of us has an invisible bucket. When our bucket is full, we feel great. When it's empty, we feel awful. When you stay positive and are kind to others, you fill their bucket and yours - making everyone feel better. Being able to understand and share someone else's feelings is called empathy.

Materials Needed

- Action cards
- Buckets
- A4 Card
- Scissors
- Glue Stick
- Pencil Crayons
- Felt tip pens
- Coloured paper
- Any extra craft material
- Pencils
- Eraser
- A4 coloured card
- A4 white paper
- Ribbons
- Punch
- Bucket & day print out

Discussion Questions

1. What does Felix do that upsets his sister so much?
2. What does his grand-dad say to him?
3. What happens in Felix's day that empties his bucket? Then what happens that fills it?
4. What does he realise and what does he start to do?
5. How full is your bucket today? Why? What makes your bucket empty
6. How can you fill someone else's bucket today?

Activities:

1. Maths - Maths 24
2. Bucket Relay
3. Compliment Cards
4. Bucket Diaries

BUCKET RELAY

Lesson Focus and Goals

Explain what empathy is. Empathy is being able to share someone else's feelings which can be quite abstract. However, understanding and noting people's feelings and how actions affect them is part of the journey of learning empathy. Today you will explain empathy and do a 'bucket filler or spiller' relay. Take time after to chat about other actions and what fills or empties their buckets.

Materials Needed

- Action cards
- Buckets

Do an Introduction

Explain to the children that empathy is when we are able to understand and share someone else's feelings.

It is kind of like seeing when someone's bucket is being emptied.

You can show them the poster for empathy. There are 3 steps in showing empathy:

- 1) Think about how others feel
- 2) Show them you understand
- 3) Offer any help you can

Like in the bucket at the end when Felix saw his sister crying and her bucket was empty he thought about it and realised it was about her doll. He then told her that it will be okay because their mom could fix it. Then he offered to help by distracting her by inviting her to play with his blocks.

Ask the children for an example of when they showed empathy.

It is important to know how our actions affect other people and how we can help 'fill' someone else's bucket.

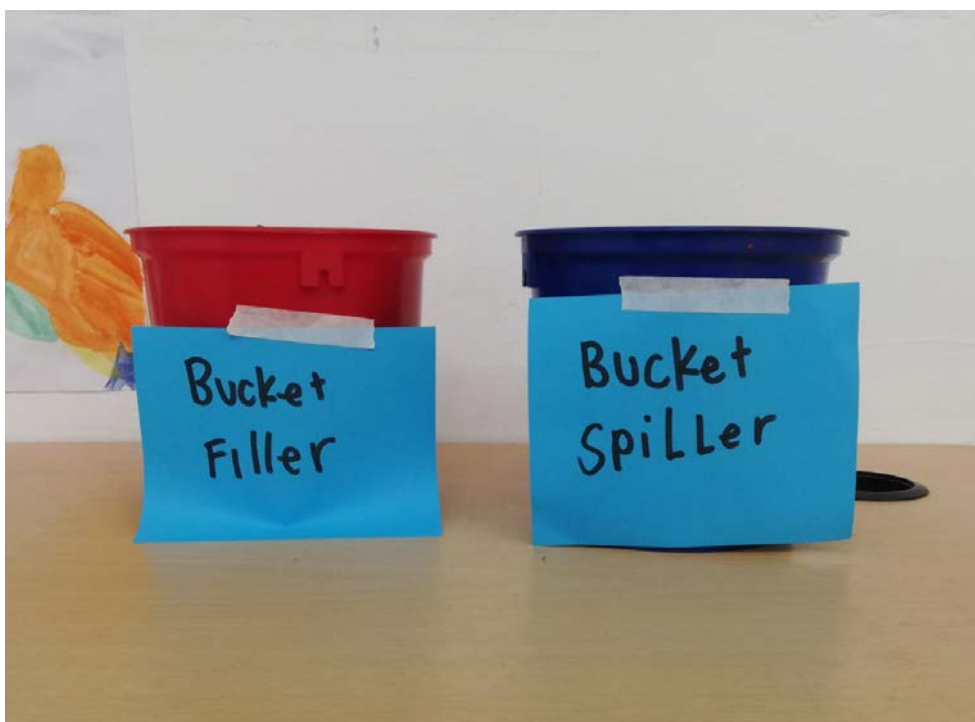
Activity

In the book certain actions would fill the bucket and others would make the bucket spill.

Today the children will be doing a relay race so divide the children into 2 teams and get them to line up opposite their bucket's (place the buckets few metres in front of them).

One at a time they need to pick up an action card off the pile and run to their bucket's. If they think it is a 'bucket filler' it should go in the bucket labeled 'bucket filler' and if they think it is a 'bucket spiller' it should go into the bucket labeled 'bucket spiller'. Once the teams are finished allocating all their activities you can go through them together to see how many they got right (and why each action would fill or empty someone's bucket)

With the extra time ask them what fills or empties their own invisible buckets.



COMPLIMENT CARDS

Lesson Focus and Goals

Complimenting people is a way to fill their buckets. So today the children will make 3 special compliment cards each to give to someone they know.

Materials Needed

- A4 Card
- Scissors
- Glue Stick
- Pencil Crayons
- Felt tip pens
- Colored paper
- Any extra craft material
- Pencils
- Eraser

Activity

Give them each a white card which they will need to divide into 3. They can use the resources to decorate the 3 cards any way they like.

Next they need to write a compliment for the person on the back.

Tell them to go give the cards to the people before the next time you meet so they can give feedback about how the person received it.

BUCKET DIARY'S

Lesson Focus and Goals

We will print a picture of each child to do the activity with. So they need to take their picture and stick it down and use the craft papers to make a volcano coming out of their mouths.

Materials Needed

- A4 white paper
- Pencil Crayons
- Punch
- Bucket and Day print out
- A4 coloured card
- Ribbons
- Glue Stick
- Scissors

Introduction

In the check in ask the children who they gave their cards to and what the reactions of the people were.

Explain that sometimes we don't know how full our buckets are and it's good to take some time each day to think about how we feeling. One way to do this is to keep a diary. Today we are going to make special diaries for the month.

Activity 1 - Making a Diary

Step 1: Give them each 1 x coloured card and 7 x white papers.

Step 2: Use the punch and ribbon to make a booklet.

Step 3: Using the other resources they can decorate the front of their diaries.

Step 4: Next they will paste the days of the week and a bucket picture on each page. Explain that each day they can write about their day and colour in the bucket according to how they feel.

Encourage them to come show you in a month when their diary is full.

