

LEARNING OUTCOMES

At the end of the lesson, the students are expected to:

- Understand what it means to be a kind friend.

MATERIALS

- Feelings chart
- Have You Filled a Bucket Today by Carol McCloud
- Bucket or container to be the Kindness Bucket
- Bucket Coloring Page (one per student)
- Coloring supplies

ESSENTIAL QUESTIONS

- What does it mean to be a kind friend?
- How do you feel when you are a kind friend?
- How do others feel when we show kindness?

CHECK-IN / WELCOME (5 MINUTES)

Say: "Let's start by checking in with our feelings today."

- Show the feelings chart.

Say: "Point to the face that shows how you feel today. You can feel more than one feeling at once. For example, I feel happy because I'm here with you, but I also feel a little tired because I went to bed late last night."

Ask students individually:

- "How are you feeling today?"
 - Students point to or say their feelings.

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Say: "Today we are going to learn about caring and compassion. Compassion is when you notice if someone is sad or needs help and you do something kind to help them feel better."

Ask:

- "What do you think it means to be kind?"
 - Write their answers on the board.
- "Who helps you feel cared for, and what do they do that makes you feel this way?"
 - Call on a couple students to share.

Say: "When someone helps you or says something nice, it makes you feel good, right? That's what happens when we are kind to others. They feel happy and cared for too."

ACTIVITY: KINDNESS BUCKET (20 MINUTES)
Instructions:

- Say: "Now we're going to read a story called Have You Filled a Bucket Today? This book teaches us that everyone has an invisible bucket that holds their happy feelings."
- Read the book "Have You Filled a Bucket Today" by Carol McCloud aloud.
- Pause to ask questions like: "How do you think that person felt when their bucket was filled?" and "What happened when someone dipped from their bucket?"
- After reading: say: "When we say kind words or do kind things, we fill someone's bucket, and ours too! When we are unkind, it dips from their bucket."
- Use a real "Kindness Bucket" (or any container).
- Say: "This bucket will help us see how kindness works. If I help a friend pick up crayons, I am a bucket filler!"
 - Pretend to drop something in the bucket.
- Say: "If I say something mean, I am a bucket dipper."
 - Pretend to take something out.
- Ask:
 - "Can you give me examples of bucket fillers?"
 - Help them brainstorm: sharing toys, saying "thank you," giving hugs, etc.
 - "What are examples of bucket dippers?"
 - Guide gently: saying mean things, not sharing, leaving someone out.
- Say: "Now it's your turn to think of ways to fill someone's bucket!"
- Hand out the Bucket Coloring Page.
 - Say: "Draw a picture of yourself doing something kind for someone else. It could be helping a friend, sharing toys, or saying something nice."
- Consider playing calming music while students draw. Once finished, help each child put their drawing in the "Kindness Bucket."

WRAP-UP (5 MINUTES)

Gather students back in a circle.

Ask:

- "How do you feel when someone fills your bucket?"
- "How do you feel when you fill someone else's bucket?"

Say: "This week, your challenge is to fill one person's bucket at school. It could be a classmate, a teacher, or anyone here. Remember, Aavidum means 'I've got your back.' When we fill buckets, we are showing our friends and teachers: I've got your back!"