

# Have you filled a bucket today?

## Summary

Through story and media activities, students will learn about the concept of "Bucket filling" and submit a sample via Opinion ways they plan to use bucket filling. The purpose of the lesson is to teach awareness of how you treat others can have an effect on your own happiness and how your interactions can have an effect on yourself, others and the community.

## Main Core Tie

Health Education - 5th Grade

[Strand 1: HEALTH FOUNDATIONS AND PROTECTIVE FACTORS OF HEALTHY SELF \(HF\) Standard 5.HF.4:](#)

## Time Frame

2 class periods of 45 minutes each

## Group Size

Small Groups

## Life Skills

Thinking & Reasoning, Communication, Character, Social & Civic Responsibility, Employability, Systems Thinking

## Materials

Ipad or Ipod  
Opinion App  
"How to fill your Book"  
The Great Kindness Challenge App  
educreations

## Student Prior Knowledge

Student would need to have some basic knowledge about how to use an Ipad/Ipod.

## Intended Learning Outcomes

Student will identify how their behavior effects themselves, friends and the community.

## Instructional Procedures

Teacher will discuss the word "Peace and conflict". Give examples of what conflict feels like and what Peace feels like.

Relate have in empty bucket to feelings sad, empty or conflicted. Relate having a full bucket as feeling happy, joy, loved or peaceful.

Read the book "Have you filled your bucket today"? By Doby's Mill

Down load the App "The great Kindness Challenge". Give students time to complete 10 Acts of kindness.

Ask Students to create a Educreations slideshow showing how their acts of kindness had a positive effect on themselves, their friend or the community.

For a follow up assignment ask students to create a Popplet timeline of how their acts of kindness continue to effect others and speculate future Popplets.

Assess activity. Ask students to share thoughts about how others actions effect their bucket.

### Strategies for Diverse Learners

Some students may have more knowledge about Ipad/Ipod use. Group students accordingly that skilled learners can help others.

### Extensions

Adapt lesson to the whole school. Create a Great Kindness Challenge for the whole school. Create a large paper bucket and use for a student recognition program. Get teachers involved in the faculty lounge. Create a "You were caught being a bucket fill to promote staff morale.

### Assessment Plan

Students will be assessed on class discussion and positive student interaction.

### Rubrics

[Communication Skills](#)

### Bibliography

"How full is your Bucket". By Tom Rath

### Authors

[Shari Harwood](#)