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
Download 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
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