

Week of May 11th

Guidance

This book encourages positive behavior by using the concept of an invisible bucket to show children how easy and rewarding it is to express kindness, appreciation, and love by "filling buckets." "Bucket dipping" is a negative behavior, not a permanent label. It also explains that it's possible to fill or dip into our own buckets.

When our buckets are full, we are happy; when they are empty, we are sad. It's important to know that we can fill our own bucket and so can others. We can also dip into it. "Bucket fillers" are those who help without being asked, give hugs and compliments, and generally spread their love and good feelings to others.

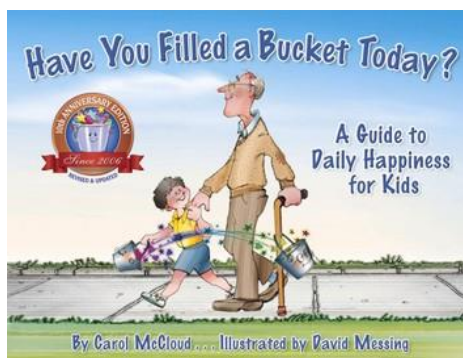
Watch the story:

Have You Filled a Bucket Today?

read by the author Carol McCloud

Click on the following link:

<https://www.youtube.com/watch?v=JEg38zCO Mjk>



Try some of the suggestions from the list below and you can be a bucket filler too!

How Can You Be a Bucket-Filler?

- Open the door for someone
- Tell someone that they look pretty today
- Share your snack with someone
- Sharpen someone's pencil for them
- Help your partner
- Pick up someone's backpack (or other belongings)
- Help someone do their job
- Ask someone to play with you on the playground
- Clean up without being asked
- Clean up even though you didn't make the mess
- Make sure someone is feeling okay
- Give a compliment to a kid or an adult
- Make a toy or something else for someone at school
- Hold the door for someone with their hands full
- Smile at someone you don't know
- Be extra helpful to teachers or other adults
- Offer to help someone who appears to be struggling
- Tell someone you like their work
- Treat others the way you would like to be treated

Try to fill a bucket EVERY DAY!



Parents - Check out the parent attachment for another stress management technique that you can use with your child.