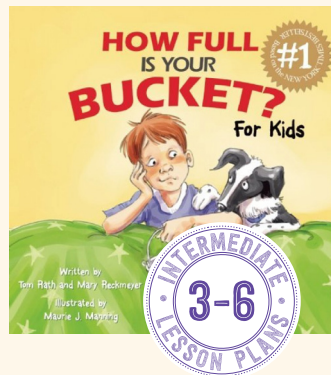


How Full Is Your Bucket? For Kids

by Tom Rath & Mary Reckmeyer and illustrated by Maurie J. Manning

Themes

Encourage Others
 Kindness
 Bucket Filling
 Bucket Dipping
 Pay-It-Forward



What if each of us had an invisible bucket? You would feel amazing when your bucket is full but not so great when your bucket is empty. In this story, Felix begins to understand that his kind words and actions can fill someone's bucket but unkind words can empty the bucket. The lesson goes even further as he sees his own bucket filling up just by "Encouraging Others" and filling their buckets!

Key Vocabulary

Scowled: an angry frown
Invisible: not seen, not really there
Scattered: tossed all over
Crunched: broken up and crushed
Scolded: disapprove with angry words

Shrimp: small in size (not the seafood!)
Encouragement: to positively support, help or give hope to

Teacher Note:

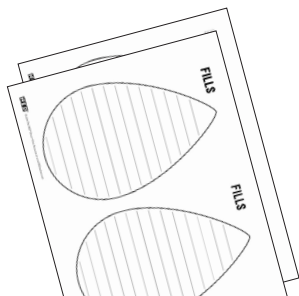
Use a real bucket to build understanding during this discussion.

Discussion Starters

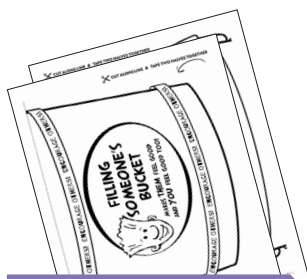
- In the story, is the bucket real or invisible? Invisible. Why did the author suggest a bucket instead of a brick? Answers will vary – brick can not be filled. Brick is heavy and would hurt.**
- What if we all had an invisible bucket over your head? Is your bucket empty or full? How do you feel? Answers will vary.**
- What is a bucket-filling moment?**
When someone shows they care, helps someone out, shows appreciation or uses kind words with others. Encouraging others is a great example of bucket-filling.
- What does it mean to have a FULL bucket? What filled Felix's bucket? How did Felix feel when his bucket was full?**
Felix heard lots of encouraging words and nice things said about him and it filled his bucket. It made him feel great. How can you fill your own bucket? By choosing to practice NED's message...Never give up, Encourage others and Do your best...you will fill other's bucket and help fill your own bucket by believing in yourself.
- What happens to the bucket when someone says unkind words?**
It dips into the bucket and empties it! Read a few examples of bucket dipping moments and have kids pull objects OUT of the bucket. What does it mean to have an EMPTY bucket? How did Felix feel when his bucket was empty? Felix felt sad when people were unkind, said mean things, and did not encourage him.
- In the book, Felix's bucket was filled by many different people at school. Who were they and what did they do? Note: Use the book to help students retell this part of the story.**
 - Mrs. Bumbelnickel praised his story
 - His mom left a note in his lunch
 - The art teacher complimented his work
 - The kids listening to his Giganotosaurus story
 - The PE teacher named him team captain
 - A girl at school liked his backpack.

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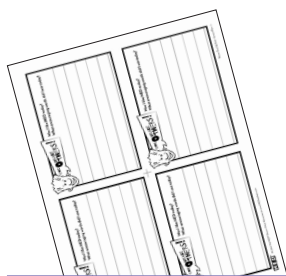
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PRINTABLE:
Bucket & Drops



PRINTABLE:
Class Bucket Label



PRINTABLE:
Self-Reflection Cards

8. Felix wasn't kind to **JUST** the people who were nice to him. He set kindness in motion by encouraging others and being kind to others. Do you remember who they were and what he did? Note: Use the book to help kids retell this part of the story.
- Picked up papers the teacher dropped
 - Gave baseball back to kids playing ball
 - Talked to new kid (Amir) at school.
9. How did Felix feel after being kind to others? *His bucket was full and he was happy*
10. What did Felix do with his full bucket when he got home? *He helped fill Anna's bucket by inviting her to play with blocks.* How is this different from the beginning of the book when Anna wanted to play blocks? What made the difference for Felix? *Answers will vary.*

Writing Prompts

1. What are some ways YOU can encourage others in your classroom and around your school?
2. What empties your own bucket? How do you feel and act when your bucket is empty? What could someone do to fill your bucket? What could you do to help fill your own bucket?
3. Write about a specific time that someone encouraged you. Use the 5 W's (Who, What, Where, When, Why) to retell the event.

Activities

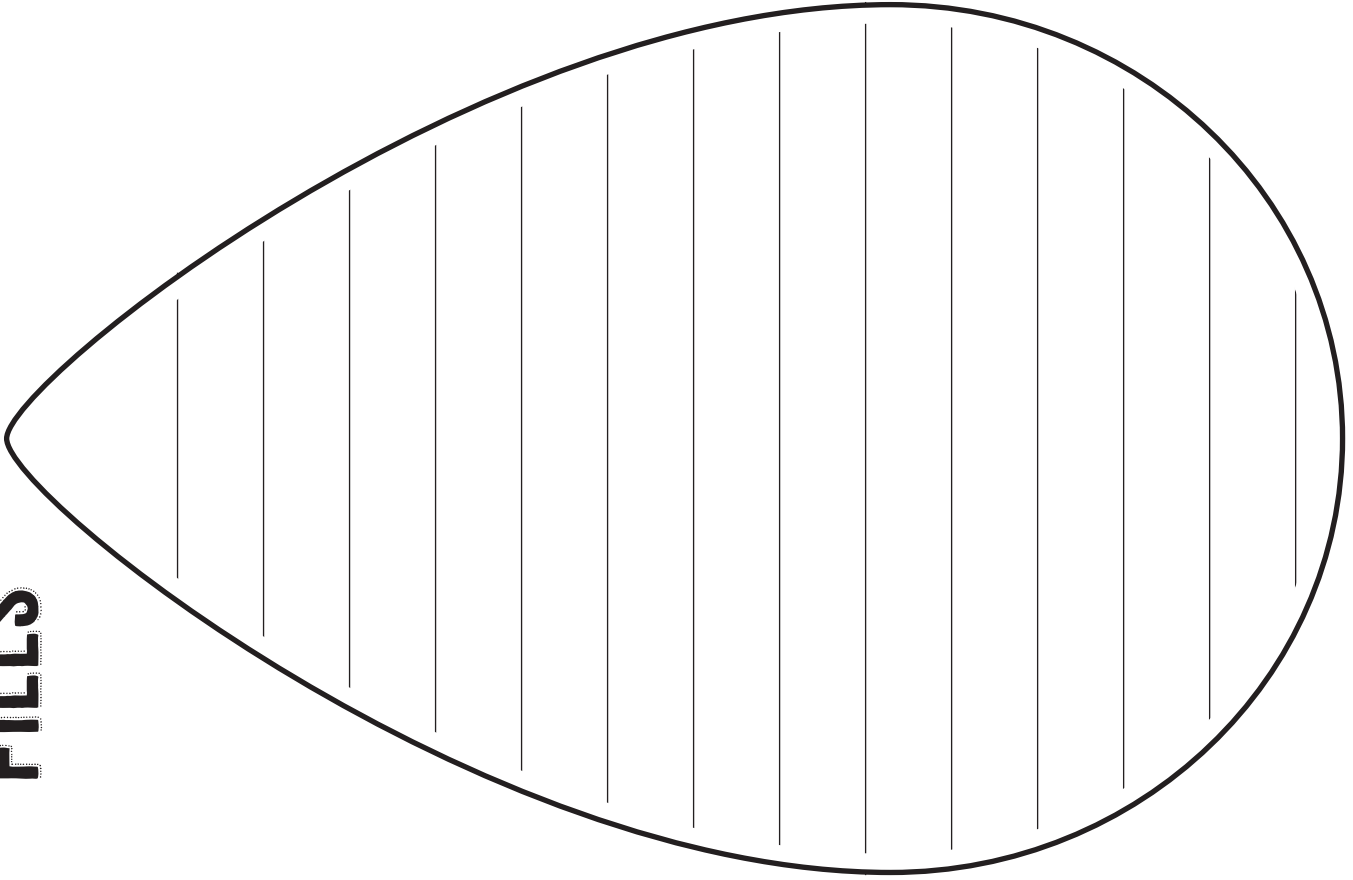
NED Says, "Encourage Others Every Day!"

Keep a bucket in the classroom. During morning meeting, remind kids to be like NED and ENCOURAGE others with kindness today. At the end of the day, have students complete the reflection activity. Add examples that fill the bucket to the classroom bucket. Share a few, if time permits, at the end of the day or in the morning. When the bucket is full, reward the class! Do this as a no-name activity to help your students learn to be kind without getting recognition.

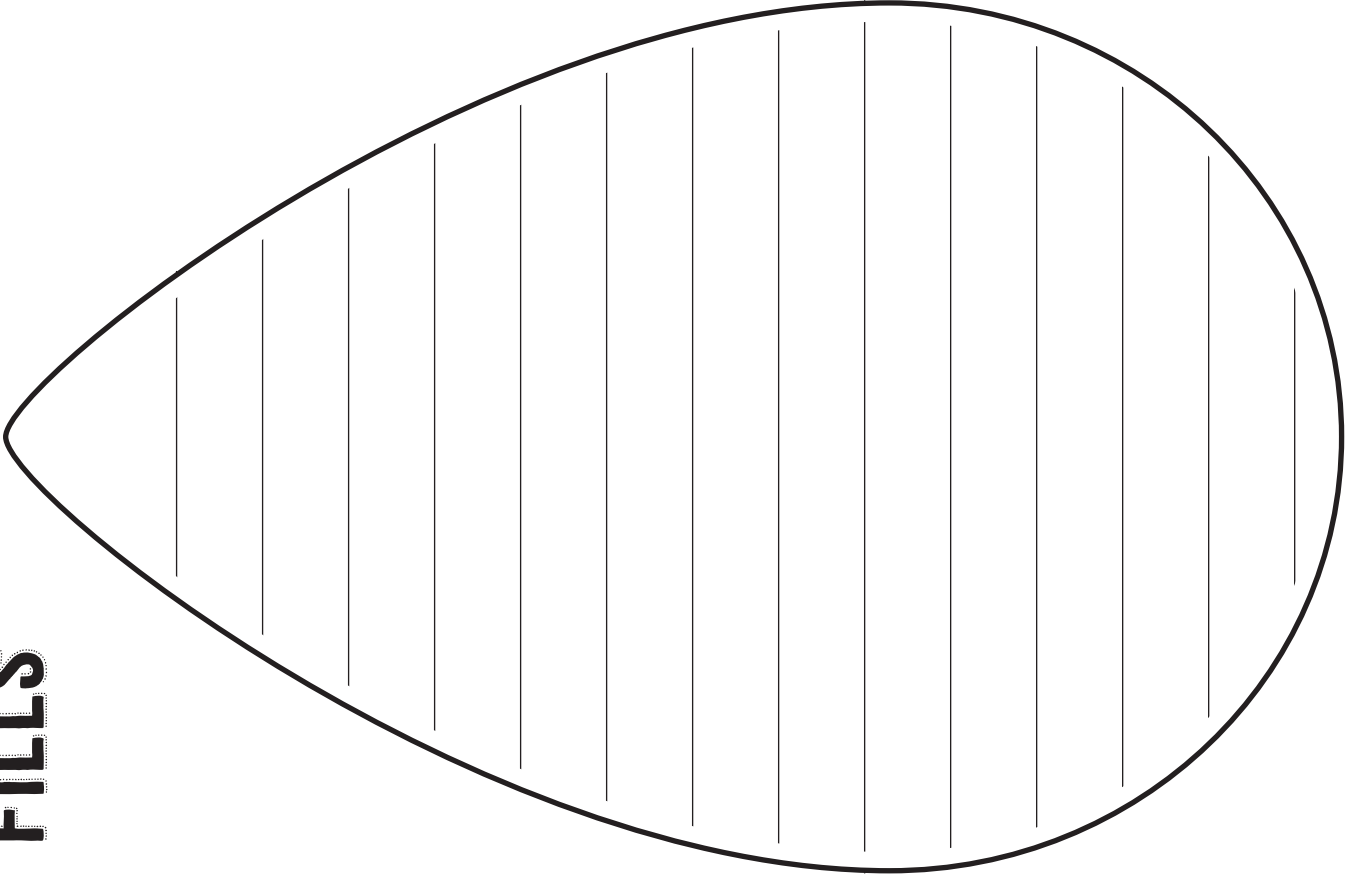
Team Encourage Others

Put students in partners. On the count of three...everyone plays *Rock, Paper, Scissors!* The loser of the match now becomes the encourager for the next match. For round two, each set of partners should join another group of two so that there are two competitors and two encouragers (one for each competitor). Play *Rock, Paper, Scissors* again and now end with one competitor and three encouragers for the next match. Keep the game going as long as it can continue. This is a great activity to demonstrate encouraging others after you are eliminated from a competition. Try doing it with several classes during recess and you will end up with a school yard full of ENCOURAGEMENT!

FILLS



FILLS



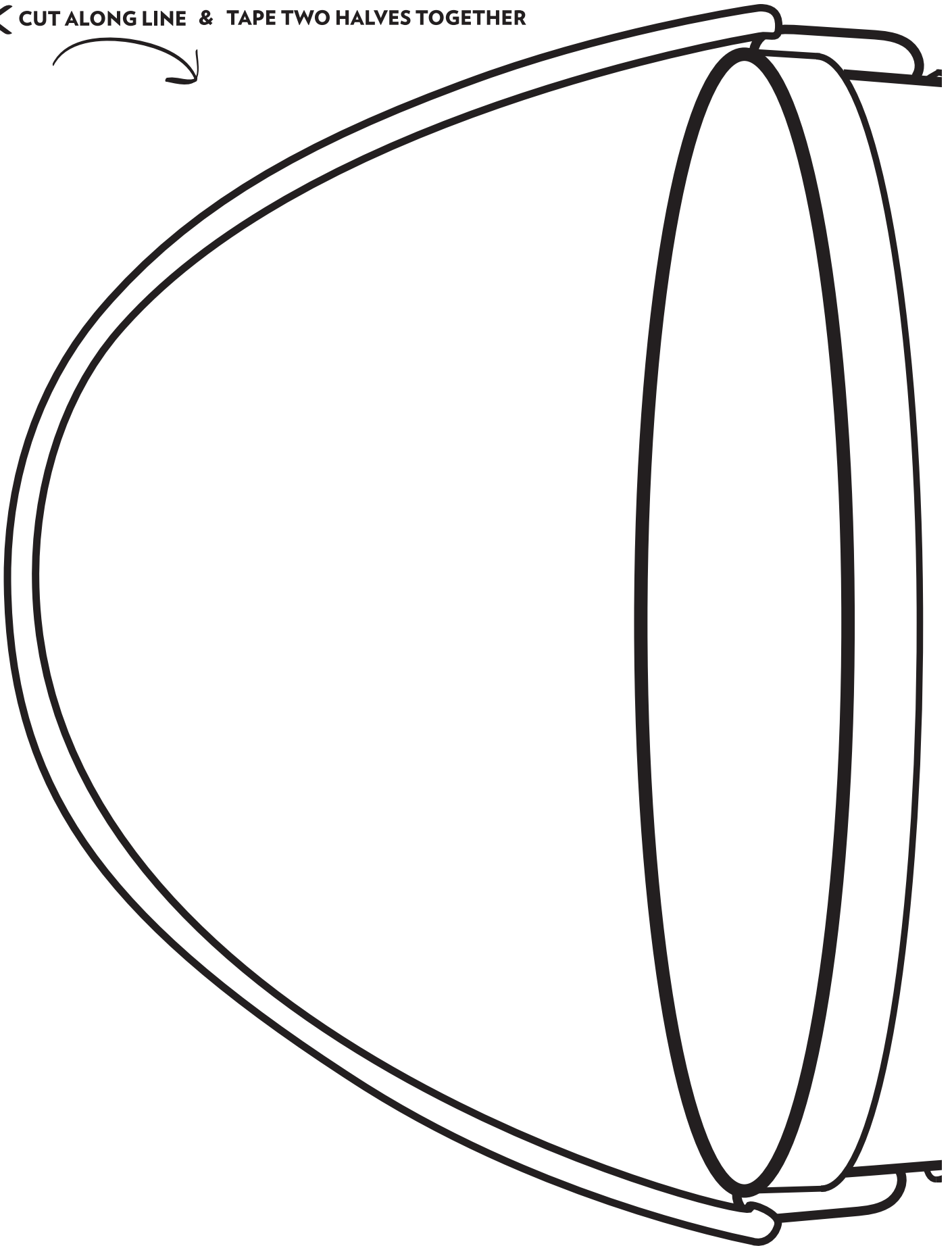
EMPTYIES

A large teardrop-shaped graphic with a pointed top and rounded bottom. It contains 15 horizontal lines spaced evenly down its length, providing a template for writing.

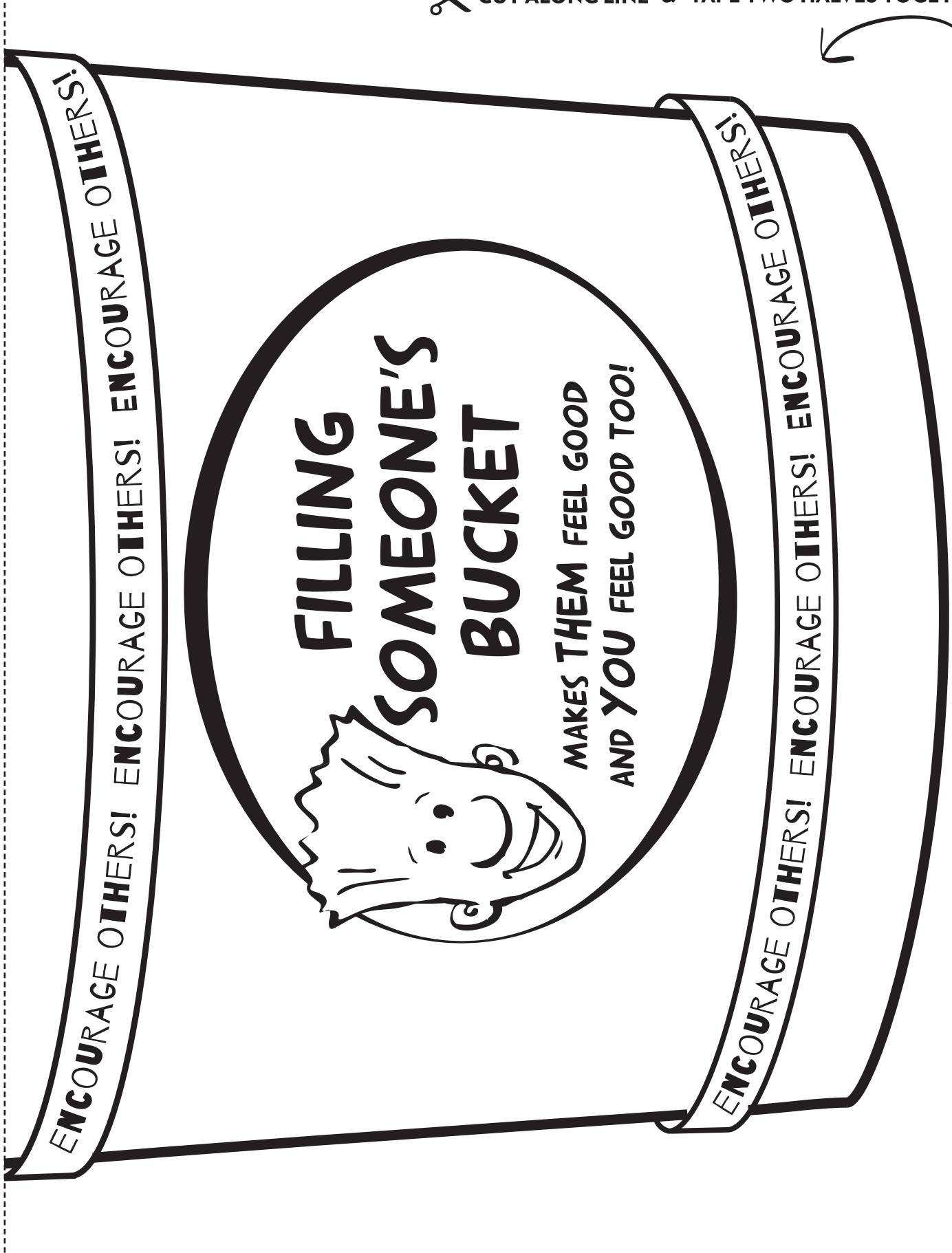
EMPTYIES

A second large teardrop-shaped graphic, identical to the first one, with a pointed top and rounded bottom, containing 15 horizontal lines for writing.

 CUT ALONG LINE & TAPE TWO HALVES TOGETHER



✂ CUT ALONG LINE & TAPE TWO HALVES TOGETHER





Was I like NED today?
What encouraging words did I use today?

Handwriting practice lines for the top-left quadrant.



Was I like NED today?
What encouraging words did I use today?

Handwriting practice lines for the top-right quadrant.



Was I like NED today?
What encouraging words did I use today?

Handwriting practice lines for the bottom-left quadrant.



Was I like NED today?
What encouraging words did I use today?

Handwriting practice lines for the bottom-right quadrant.

Directions: If possible, print on full-sheet label paper. Cut out the label and attach to a classroom bucket.



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FILLING SOMEONE'S BUCKET



**MAKES THEM FEEL GOOD
AND YOU FEEL GOOD TOO!**