

Lesson Plan: Kindness

School Counselor: Alexis Thompson

Date: November 2019

Activity: Have You Filled a Bucket Today?

Grade(s): CP and CE1

ASCA Mindsets & Behaviors (Domain/Standard):

Social Domain

M-3: Sense of belonging in the school environment

B-SMS 1: Demonstrate ability to assume responsibility

B-SS 2: Create positive and supportive relationships with other students

B-SS 4: Demonstrate empathy

Competences Socle Commun 2:

D2B: Mener a bien une activite en dialogue avec d'autres

D3A: Contribuer a la vie collective et au bon deroulement des activites dans la classe et dans l'ecole en assumant des responsabilites

Learning Objective(s) (aligns with competency):

1. Students will be able to identify examples of positive, kind behaviors ("bucket filling")
2. Students will be able to demonstrate positive kind behaviors toward others

Materials: [Have You Filled a Bucket Today?](#), [Song video](#), [Coloring Page](#), [PowerPoint](#)

Procedure:

1. Start a brief discussion by introducing the topic: "Today we are going to talk about kindness. What does it mean to be kind?"
2. "Why is it important to be kind?"
3. "What does kindness look like?" (~3 - 5 min)
4. "Everyone already has so many good ideas! Today we are going to watch a story about kindness. In the story, we can make believe that everybody has an invisible bucket. When someone does something nice to us, our buckets feel full, but when someone is not nice or something bad happens, it's like our buckets are dripping and feel empty. We choose whether to fill or empty other people's buckets by what we do each day."

5. Play "[Have You Filled a Bucket Today?](#)" (~5 min)
6. Start a discussion about the book: Ask the class:
"Why is it important to fill other people's buckets?"
7. On the board (either on a post-it paper, the board, or the computer via projector), create two columns "Bucket Filling" and "Bucket Dipping." Ask the students what each category means. Then, have students give examples of each and put them under the correct column (10 - 15 min)
8. "Now that we see the difference that kindness can make, we're going to do a coloring page. In each star, write or draw one way that you can fill someone else's bucket." (remainder of lesson)
9. While the students are working on the coloring page, play [Remplisseurs de Seaux](#) song

Plan for Evaluation: How will each of the following be collected?

Process Data: Sign-in sheet/Count of students present

Perception Data: Answers on worksheets

Outcome Data: Number of behavioral incident reports will decrease; Number of student social concerns of unkindness will decrease by 25% in CP and CE1 from 28 (Sept-Oct) to 21 (hoped for Nov - Dec)

Follow-Up: