



Bucket Fillers

Sharing Bucketfilling Ideas
Bucket Lesson #34

Week of October 30, 2016
Volume 10, Issue 18



Bucket Dipping: What Does it Look, Sound and Feel Like?

Bucket Lesson #33 focused on Bucket Filling and while it is always better to focus on positive behavior, it is also very important for children to clearly understand that what we say and do can hurt others.

Objective:

To help children understand four important ideas about bucket dipping:

1. Bucket dipping is an action verb. It is something we do or say.
2. Filling or not filling, dipping or not dipping buckets is a choice.
3. While our buckets are invisible, we can see bucket dipping with our eyes, we can hear it with our ears, and we can feel it in our hearts.
4. What we say and do affects others. It also affects us.

Activities:

1. Be sure your class has read and is familiar with one or more of the bucketfilling books.
2. On a large sheet of paper, write the headline: BUCKET DIPPING

3. Below this headline, separate the page into three columns labeled:

LOOKS LIKE | SOUNDS LIKE | FEELS LIKE

(You may want to draw or use pictures to label the columns (i.e. - eyes, an ear and a heart.))

4. Starting with the left-hand column, ask your class to help you make a list of what bucket dipping *LOOKS LIKE*. Have they ever seen someone dip into a bucket? What did the person do? Did they push or hit someone? Laugh at someone? Take something that did not belong to them? Destroy property? Cut in front of someone? Make mean faces? All of these actions that we can see dip buckets.
5. Next, ask what bucket dipping *SOUNDS LIKE*. Some ideas are: A mean tone of voice, name calling, yelling at someone, gossiping about someone, talking when someone else is speaking, saying someone is not welcome, or laughing at someone. The sound of these words dip buckets and I'm sure that your students will think of many more.
6. Ask what bucket dipping *FEELS LIKE*. Spend some time talking about the many sad, bad and mad feelings they can create when they dip buckets. How did they feel after someone dipped their bucket? Can bucket dipping make someone feel lonely, scared, embarrassed, sad, angry, or not welcome? Ask them if they ever dipped a bucket and how they felt about it. Were they proud of what they said or did? Did it fill their bucket or make them feel worse?

SUGGESTION: Because this lesson deals with the negative behavior of BUCKET DIPPING, we would suggest that the work sheet be ceremonially torn up by the students once the lesson has been given.

For even more ideas, be sure to check out our past *Bucket Lessons* on our [website](#)!