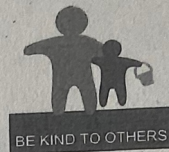


Unit 10 Be Kind to Others



Home activity

The children have been introduced to a concept called 'bucket filling', which is based on a book called *Have You Filled a Bucket Today?* by Carol McCloud. It is an easy-to-understand concept. Everyone carries an invisible bucket that fills up whenever we do kind, considerate, helpful things for others. We call these acts 'bucket fillers'. When we say things that are mean, inconsiderate, uncaring or disrespectful to others, this has a negative impact, and gradually empties both their buckets and ours. We call these acts 'bucket dippers'.

We have learned that:

- Kindness makes a difference to ourselves and others.
- Being unkind hurts others, and it hurts us too
- It is important to be kind to ourselves

Early level (P1)

- Think about possible ways that you could fill your parents', friends' or teachers' buckets. Draw a picture of one of these ideas on the first bucket on the reverse of this sheet.

First level (P2-P4)

- Think about possible ways that you could fill your parents', friends' or teachers' buckets. Write your ideas on the first bucket on the reverse of this sheet.

Second level (P5-P7)

- Think about ways that you might make amends for dipping someone's bucket. Share your ideas on the bucket on the second bucket on the reverse of this sheet.

Please return your home activity to school so you can share your ideas with your class. Some examples will be chosen to share at our sharing assembly.