



Bucket Fillers

Sharing Bucketfilling Ideas
Bucket Lesson #35

Week of November 27, 2016
Volume 10, Issue 20



Learning About the "Lid"

Bucket Lessons #33 (10/02/16) and #34 (10/30/16) were activities to discuss the many ways that buckets are filled or dipped into and what bucket filling and dipping look, sound, and feel like. Our last newsletter (11/13/16) discussed the importance of "learning to look beyond" appearances and into the bucket of another person. This is where "the lid" begins.

While young children lack the ability to evaluate truth from fiction, let alone fact from opinion, they *can* be taught about "the lid." Bucket dipping by bullying or any meanness hurts and we lose some good thoughts and feelings. Children can be taught to look beyond the actions and words of another and into a person's bucket. This learned understanding helps to change our feelings and that is why the lid is so important.

Objective: Here are five points to help children grasp the lid:

1. Our invisible bucket is like a treasure chest of jewels. It holds our most valuable possessions - the good thoughts and feelings that make us happy.
2. People can put in more "jewels" but we don't want them to steal (dip) the jewels out of our bucket, so we need to cover our bucket or use an invisible lid.
3. We don't keep our lids on all of the time. If we did, how could other people fill our buckets?
4. We put our lids on to protect the good stuff in our bucket whenever someone says or does something mean or when we start to feel scared, angry, hurt, or embarrassed. Those feelings are signals that someone is getting into our bucket.

5. The lid helps us resist their words or actions by understanding that when people are uncaring or mean, their bucket is not full and a lack of good feelings is controlling them.

Activities:

1. You can introduce "the lid" by demonstrating with three items:
 - a) a bucket filled with materials (pom-poms, foam hearts and stars, colorful balls of paper, plastic jewels, etc.),
 - b) a dipper (ladle), and
 - c) a lid.Use these items as a visual to explain the five points from above.
2. Role play a common behavior problem that you regularly see and show what happens to a person's bucket, for instance, when someone excludes or makes fun of them.
3. Have a child actor with a dipper remove some of the contents from another actor's bucket and let them fall to the ground.
4. Then, ask the child with the bucket to put their lid on and, with the class's help, list some helpful things that he or she could THINK, SAY or DO as soon as this happens. Children of differing temperaments offer different suggestions and learn from others.
5. Write down, edit, and post the ideas as reminders of what can be done.

Four great ideas for follow-up:

1. Go to www.redgrammer.com. Listen to and print the lyrics to two of Red Grammer's songs about "the lid" from his award-winning album, *Circle of Light: Songs for Bucket Fillers*. The songs are: *Pop on My Lid* (for PreK-and early elementary) and *I've Got a Lid* (for upper elementary and middle school). The entire album has music to keep buckets filled.
2. Have your children decorate a plastic or paper cup or other round container with a lid and place it on their desk to remind them to "use their lids" and protects their buckets whenever necessary.
3. Show the illustration from either Page 14 or 15 of *Have You Filled a Bucket Today?* As you can see, there is no lid on these pages. However, you can discuss "why" the two girls or one boy might be dipping, which leads to a discussion of the lid.
4. Review our chapter book, *Growing Up with a Bucket Full of Happiness*, written for Grades 3 and above, and how it expounds on the lid, in three of its seven chapters, and offers practice in "using our lids" for ourselves and others.

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