



Bucket Fillosophy® 101

Sharing Bucketfilling Ideas
Bucket Lesson #41

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How Are You?

If you're a Grade K-5 teacher who would like some really great lesson plans for your bucketfilling classroom, you are going to love Lisa Hansen's book, [*The Bucket Squad*](#). Lisa, an elementary school counselor from Minnesota, has written the only curriculum book that is devoted entirely to bucket filling. Her 87-page guide includes ten easy-to-follow group lesson plans for both lower and upper elementary students. There are opening, learning, and closing activities, reproducible pages, classroom tips, pre- and post-assessments, and home discussion guides.

With Lisa's permission, we are sharing a simple echo song from the opening activity of Lesson Two for K-1st Grades:

HOW ARE YOU?

(Sing to the tune of *Three Blind Mice*)

LEADER

How are you?

So, how are you?

I hope your bucket is full today.

I just can't wait to hear what you say.

Is it low, so-so or full today?

So, how are you?

KIDS

How are you?

So, how are you?

I hope your bucket is full today.

I just can't wait to hear what you say.

Is it low, so-so or full today?

So, how are you?

This song naturally leads to additional discussion and activities that include three buckets with happy, so-so, and sad faces, and craft sticks to decorate and place in the buckets. Children learn to do "bucket checks" and think about, and later identify and show, how full their buckets are. For example, do they have lots of good thoughts and feelings or are they feeling just so-so? This awareness of your personal bucket level is the first step in developing social/emotional intelligence.

This activity also reinforces the idea that bucket levels can change on different days, depending on what happens throughout the day. As discussion continues, children learn that how others treat them and how they treat themselves affects their buckets.

This is just one of many activities in [*The Bucket Squad*](#) that has been designed to help children learn and sharpen their social skills. It is a valuable resource for any elementary school classroom or small group.