

A BUCKETFILLING TOOL

Using bucket filling is a great way to regulate your behavior in a positive way! This lesson will help teach how you can better identify your emotions before “dipping” into others’ buckets. Once you identify and learn to correct behaviors, you’ll be on your way to living a bucketfilling life.

Purpose

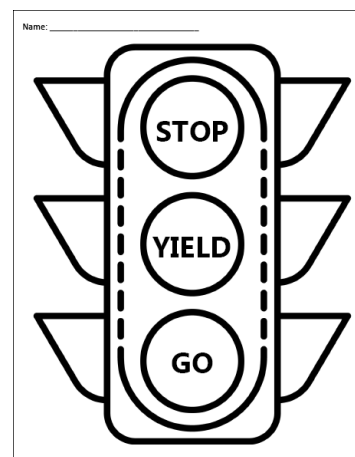
To help teach students to stop, yield, and go when you’re ready to be a bucket filler.

Materials Needed

- 1) Stoplight coloring sheet
- 2) Red, yellow, and green crayons

Procedure

- 1) Give each student a copy of the Stoplight coloring sheet.



2) Ask each student, "When do you think you would most likely dip into someone else's bucket?". You will probably hear answers about something like, "When I'm angry or upset," or "When someone has dipped into my bucket." Tell students when this happens to think "Red Light!" Have each student color the top circle in the traffic light red where it says "STOP."

3) Tell students that when they feel like someone or something dipped in their bucket, they need to take a few minutes to breathe, count to five, and think about what happened before dipping back. Tell students when this happens to think, "Yield". Have each student color the middle circle in the traffic light yellow where it says "YIELD."

4) Tell students that when they feel like they've stopped, thought about things, and are calm, then they can speak and act in a respectful, bucketfilling manner. Tell students when this happens, they can "GO" be bucket fillers. Have each student color the bottom circle in the traffic light green where it says "GO."

5) When they're done, each student can finish coloring their traffic lights. Have them put their name on them and hang them around the class as a daily reminder to . . .

STOP when they're angry; take a deep breath
YIELD to think about what they can do
GO when they're ready to be a bucket filler



Bucket Fillers

