

Pyramid Model

Strategy of the Month

HOW FULL IS YOUR BUCKET?

How full is your bucket?

How Full Is Your Bucket? (For Kids) is a book by Tom Rath and Mary Reckmeyer that teaches children how being kind helps themselves and others. It explains how everyone has a "bucket" and kindness keeps it full while being negative towards others "dumps or dips" their buckets.

How does your child use this strategy?

Our classrooms use "bucket filling and dumping" in our everyday conversations with children. We encourage children to fill their peers' buckets with compliments and kind deeds and repair situations where they may have "dumped" their bucket with negative words or actions. Teachers plan activities for children to practice giving compliments and sharing genuine words of praise for their friends. Classes have activities using buckets which make the concept concrete and understandable for young children.

How does it help support their social-emotional development?

Following the bucket philosophy in our classroom communities helps children understand how they contribute to others and their own positivity. It encourages a peaceful, positive atmosphere for learning while giving the importance of caring for others a tangible metaphor that children can truly comprehend.

How can you try this at home?

Talk with your family about filling and dumping each other's buckets. Use this vocabulary to encourage productive conversations about sibling and parent-child interactions. Get creative with the strategy and make a part of your family's daily life for more positive, fulfilling time together!

*Ask your child's teacher more
about How Full Is Your Bucket?
and using this strategy with
your child!*

