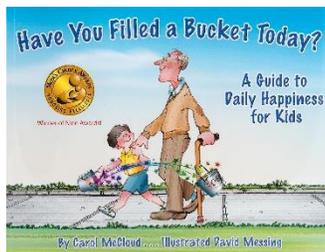


## Social Emotional and Regulation Activities for Home

<b>Theme</b>	Kindness: based on the book <u>Have You Filled a Bucket Today?</u>
<b>GOAL</b>	<p>In the story, everyone has an invisible bucket...</p> <ul style="list-style-type: none"> <li>• Recognizing when we are happy, our bucket is full.</li> <li>• Recognizing when we are sad or mad, our bucket is empty.</li> <li>• Noticing that what we do affects how other people feel.</li> <li>• We can do things that fill other people's buckets.</li> <li>• We can do things that fill our own buckets to help ourselves feel better.</li> </ul>
<p><b>Activity #1:</b></p> <ul style="list-style-type: none"> <li>- plastic drinking cups</li> <li>- pipe cleaners</li> <li>- black permanent marker</li> <li>- colorful puff balls</li> </ul>	<p>Everyone can create their own bucket. (See picture below.) Kids can decide how full their bucket is. They can add a puff ball to their own bucket when they do something kind; helping them notice that it feels great to be kind. Focus on the positive. Even small things fill buckets: holding hands, a smile, cleaning up together, kind words, waiting quietly... The reward is not filling the whole bucket; the reward is noticing how good we feel when we do things that make others feel good.</p>
<p><b>Activity #2:</b></p> <ul style="list-style-type: none"> <li>- camera</li> </ul>	<p>Use your camera to take pictures of moments your child has filled someone's bucket.</p> <ul style="list-style-type: none"> <li>- Cleaned up toys</li> <li>- Got dressed by themselves</li> <li>- Shared a toy</li> <li>- Siblings that solved a problem and now they both feel great.</li> </ul> <p>Have your child help you pick which picture to send to grandparents or another special person that will help reinforce the message. Or print the pictures and post them on the refrigerator as a visual reminder of how great it feels to be kind.</p>
<p><b>Mindfulness Activity:</b></p>	<p>In the story <u>Have You Filled a Bucket Today</u>, they talk about bucket dippers. Frame this carefully for your child. People are "bucket dippers" by accident or because their own bucket is empty. If your child dips someone bucket, notice that the other person <i>and</i> your child's bucket is dipped. Then think about ways to fill everyone's bucket, maybe with a hug. Then when everyone's bucket is a little fuller, it can be easier to find a solution to a problem.</p>



Activity #1

Reach out for more information:

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