# Be a Friend who Supports and Trusts Others

### Description

## Supplies

- Book: *Have You Filled a Bucket Today?* by Carol McCloud, illustrated by David Messing

## Skill Builder

## Lesson

1. Show students the book, **Have You Filled a Bucket Today**? by Carol McLoud, and tell them we are learning about being a good friend.
2. Ask students to share something they like about one of their friends.
3. Explain one way we can build friendships is by sharing what we like about our friends. Tell students this is called positive feedback.
4. Review the Positive Feedback Skill Builder.

Praise the person for what they did

Tell them how it made you feel

5. Instruct students to interact with the read-aloud by pretending to pour water from an imaginary cup into an imaginary bucket every time they hear the word bucket. Read the story.
6. Ask follow-up questions after the story:
    - What were some ways to fill othersâ?? buckets?
    - How does it make you feel when you fill someone elseâ??s bucket?
    - What are some emotions people might be feeling when their buckets are low or empty?
    - What are some additional things you can do to fill peopleâ??s buckets besides the things mentioned at the end of the story? Be specific.
7. Remind students it is very important for us to be bucket fillers and say kind and caring things to others. When we do this, we can fill their buckets and ours too!

## Additional Resources

Read-Aloud on YouTube: Link

## Activity-Compliment Circle

1. Have your group sit in a circle.
2. Remind students of the Positive Feedback Skill Builder.
    - Praise the person for what they did
    - Tell them how it made you feel
3. Explain todayâ??s activity is exactly like Duck-Duck-Goose but students will give and receive positive feedback.
4. Each student will take a turn to skip around the circle while the rest of the group thinks of positive feedback to give to that student.
5. The student skipping around chooses one person, by tapping them on their head, and then does one final loop around and sits in the open space. Simultaneously, the student who was chosen stands up and skips around the circle once, back to their spot, and stands behind them.
6. The student who was chosen can then share their positive feedback for the student who chose them, and they are standing behind.
7. Encourage them to do it in the correct format and ask follow-up questions if needed to help them.
8. Allow for the game to continue with the next student, who is standing, to have a turn and make sure everyone has a chance to go and receive feedback.

## Category

1. Lesson Plans
2. Relationship Skills

## Sel-competency-lessons

1. Relationship Skills

## Grade-level

1. Grades K-1