



ACTS OF KINDNESS BUCKET

Dear Educator:

As a way of keeping the momentum of the Sticks and Stones residency moving forward, we are providing you with a sheet of paper containing 'acts of kindness' slips for you to make copies of and cut out. We are also sending along a bucket for your class to decorate as you as a class see fit based on the theme of kindness. We recommend reading the picture book, "How Full is your Bucket *for kids*" by Tom Rath and Mary Reckmeyer. (An adult version of the book, a *New York Times* #1 best seller bearing the same title and co-authored by Tom Rath and Donald O. Clifton, Ph.D., is also available.) Finally, we've included a placard containing language that students may use when filling out a kindness slip (to keep all parties anonymous) for you to post near the kindness bucket.

PROCEDURE:

- Have the kids decorate the bucket with kindness as a theme.
- Introduce the slips and how the system of filling out a slip will work for your class (when, where, why and how to fill out a slip—this may vary from class to class based on your classroom's procedures, routines, rules, etc.)
- Emphasize that no names should be used on the slips, that the idea of filling out a slip is not to gain personal attention or to give attention to anyone else. So a 'properly' filled out note might say something like, 'Someone in this class spilled their milk in the cafeteria and I helped him clean it up' versus 'Melvin spilled his milk in the cafeteria and I helped him clean it up.' Or 'A person I know had a bad day so I made her a card to cheer her up' versus 'Kara had a bad day so I made her a card to cheer her up.'
- For younger students who may not be able to express themselves in writing perhaps they can dictate their act of kindness (ones they did or saw others do) to you, an aide, etc.
- Periodically, circle up and read the notes. Look for teachable moments and ideas for further discussion. Reinforce that it feels good to be kind to others!

Thank you for all that you do. As experienced classroom teachers ourselves, we know how difficult and demanding your job can be. We purposely designed this project so that it would not occupy too much of your valuable instructional time. We hope that it helps everyone in your class become more cognizant of the notion that being kind to one another puts us all in a mindset where kids may become more efficient and successful learners.

Phrases you can use to avoid using anyone's name

- someone in class
- a person I know
- someone in our school
- a teacher in our school
- a friend of mine
- someone I don't usually talk to
- someone on my bus
- someone walking home from school



Act of Kindness



Act of Kindness



Act of Kindness



Act of Kindness