

Relationships and Sex Education (RSE) Day

It begins with me

Filling Someone Else's Bucket

You will need:

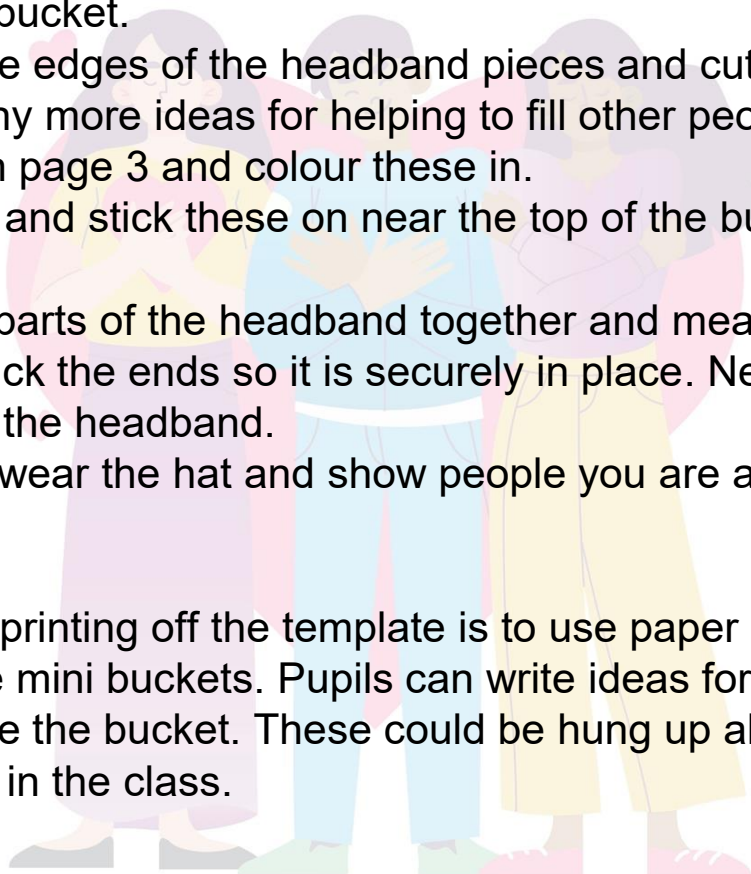
- Hat template
- Coloured pens or pencils
- Glue stick
- Scissors

How to make the hat:

- Draw pictures of ways to help other people on the headband pieces and colour these in.
- Colour in the bucket.
- Cut around the edges of the headband pieces and cut out the bucket.
- Write down any more ideas for helping to fill other people's buckets on the shapes on page 3 and colour these in.
- Cut these out and stick these on near the top of the bucket just below the handle.
- Stick the two parts of the headband together and measure to fit round your head. Stick the ends so it is securely in place. Next stick the bucket to the front of the headband.
- Now you can wear the hat and show people you are a bucket filler!

Teacher note:

An alternative to printing off the template is to use paper cups and pipe cleaners to make mini buckets. Pupils can write ideas for kindness and place these inside the bucket. These could be hung up along a washing line or piece of string in the class.



Prompt Questions

KS1:

1. What is happiness?

- What things make us feel happy?
- What can we do if we are not feeling happy? Who can we speak to?

2. What does it mean to be kind?

- How can we show kindness to others?
- What happens when we are kind and helpful to others?

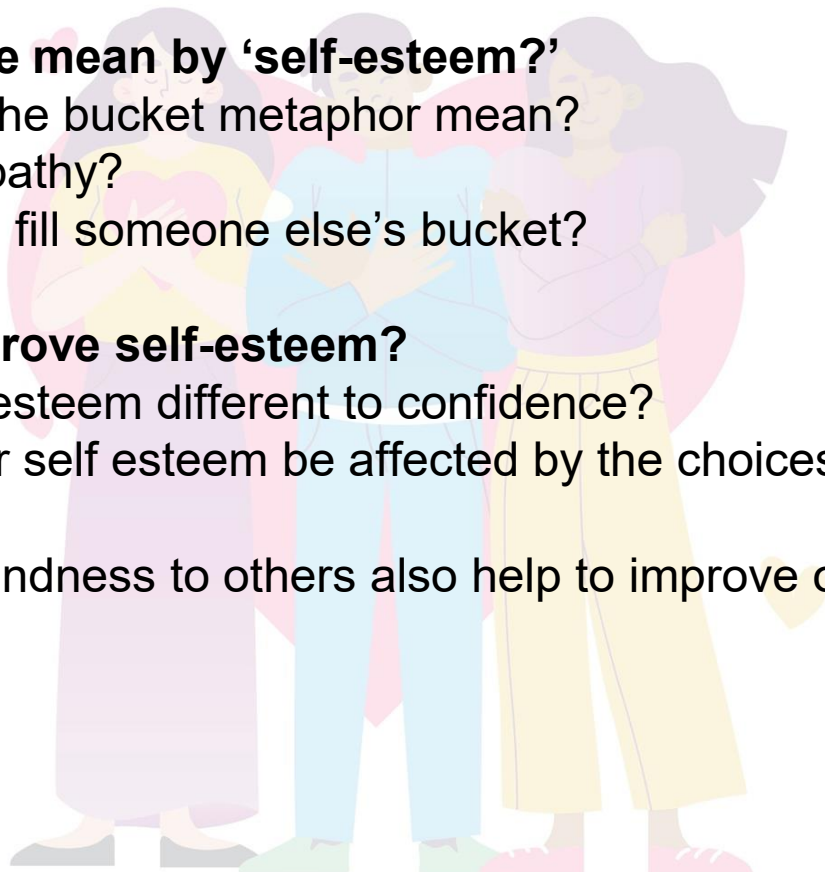
KS2:

1. What do we mean by 'self-esteem?'

- What does the bucket metaphor mean?
- What is empathy?
- How can we fill someone else's bucket?

2. Can we improve self-esteem?

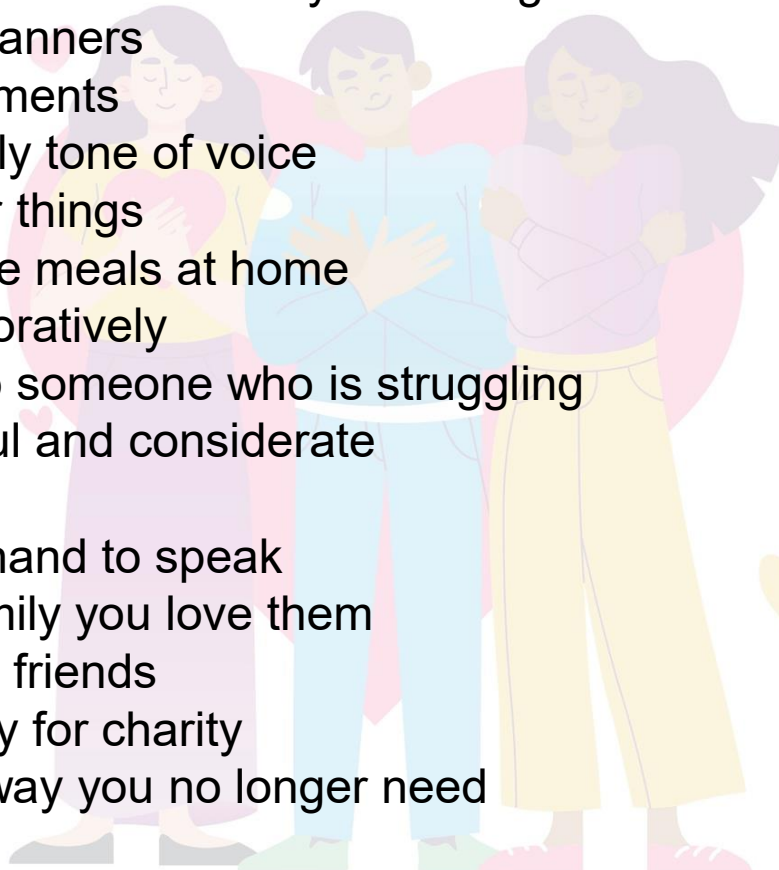
- How is self esteem different to confidence?
- How can our self esteem be affected by the choices we make in life?
- How does kindness to others also help to improve our own self-esteem?

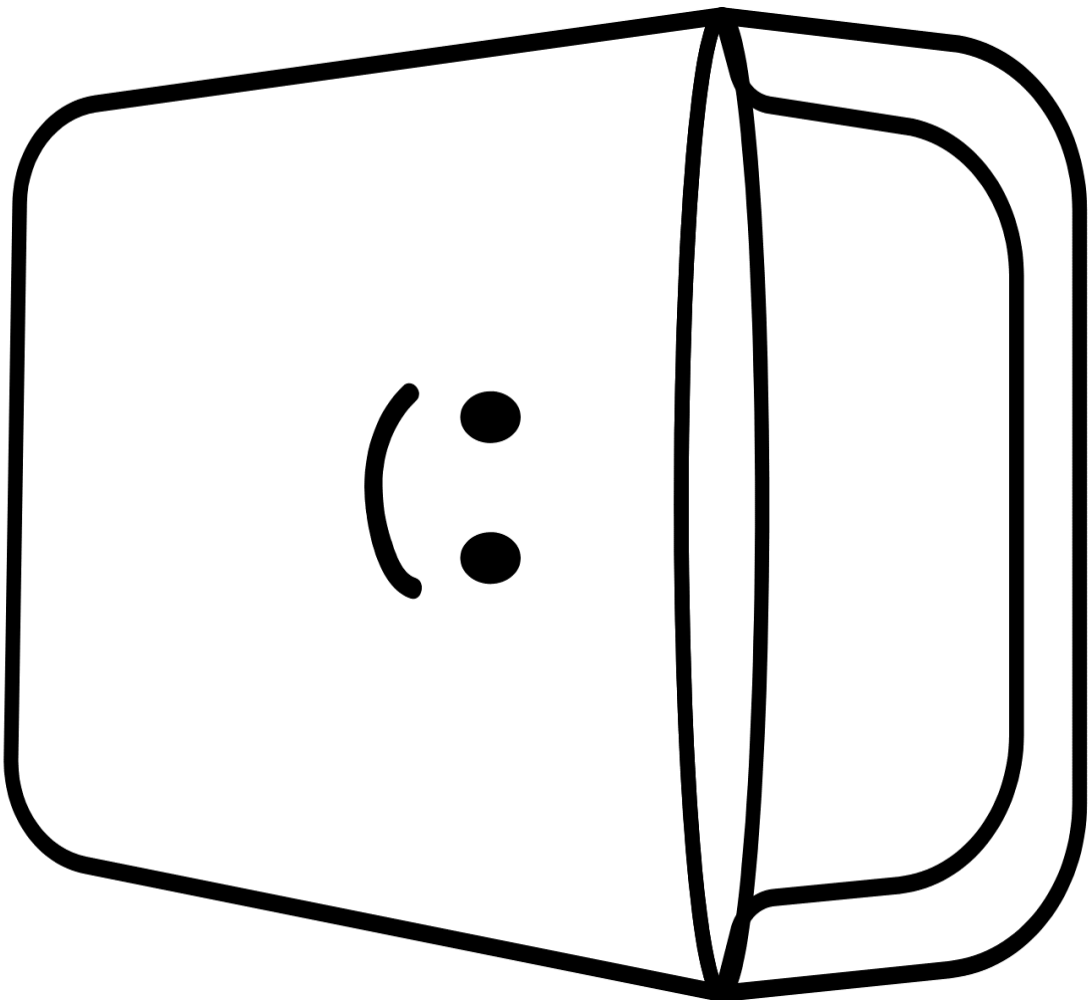
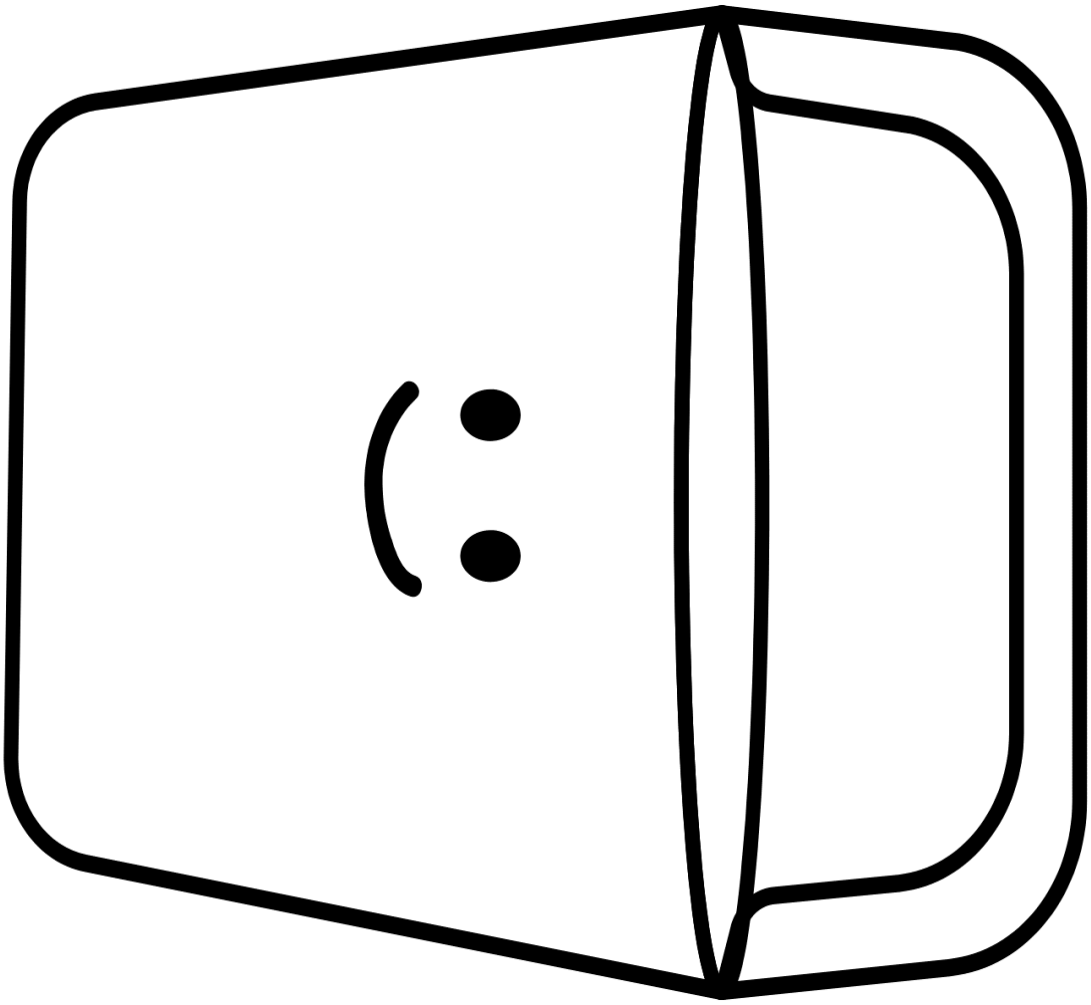


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Some Ideas for Filling Someone's Bucket

- Help people out with their work, chores, carrying things etc
- Listen to others
- Care for pets at home
- Show kindness
- Share your toys, pencils, crayons, snacks etc
- Include everyone
- Invite children sitting alone to play
- Be patient
- Use kind hands and feet
- Stick up for someone if they are being bullied
- Use good manners
- Give compliments
- Use a friendly tone of voice
- Tidy up your things
- Help to make meals at home
- Work collaboratively
- Offer to help someone who is struggling
- Be thoughtful and considerate
- Take turns
- Raise your hand to speak
- Tell your family you love them
- Comfort sad friends
- Raise money for charity
- Give toys away you no longer need





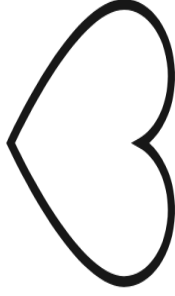
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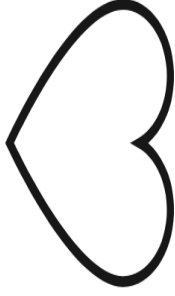
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Fill up someone else's bucket



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Fill up someone else's bucket



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