

Bucket Filling At Thomas Gray Primary



Dear Parents,

I am sure you will have heard about the “Bucket Filling” program at Thomas Gray Primary from your child or your child’s teacher. The goal of the program is to encourage students to be nice and kind by filling the buckets of others as well as their own. Let me explain. Each of us carries an invisible bucket. It gets filled up when someone says or does something nice for us, or when we say or do something nice in return. The opposite of a “Bucket Filler” is a “Bucket Dipper”. A bucket dipper is someone who tries to fill their own bucket by dipping from the bucket of others. They do this by being unkind in their words or actions. However, we can never fill our own bucket by dipping into someone else’s. This concept is a twist on the “Golden Rule.” We are striving to be a school of “Bucket Fillers.”

At Thomas Gray we are aiming to be a family of “Bucket Fillers.” We are looking for bucket fillers in our classrooms and throughout the school. Every class has their own special bucket. The children write about their good deeds and place them in a bucket. The children with the most “Bucket-Fillers” for the month will be chosen as the “BUCKET FILLER CHILD OF THE MONTH.”

If you are interested in trying this program at home, I have included some basic ideas for getting started. If you have any questions, please feel free to give myself or Mrs McKie a call at school.

BE A BUCKET FILLER EVERYDAY!!!

Their “Bucket-Filling” deeds will be noted in the school newsletter for all to see!! This is a great way to ignite children’s desires to say and do nice things for others.

R.Rimmer
Head teacher

How to Bucket Fill At Home

Supplies:

One bucket or container for each child or participant at home, one storage container to hold tokens(marbles, pennies, raffle tickets, paper buckets etc.)

Rules:

1. Each time you catch your child filling someone's bucket, he earns one token. (He cannot ask for tokens by telling you he did something kind.)
2. Each time your child tells you about someone else filling their bucket, they earn one token. If it is a brother or sister, they both earn a token.
3. If you, the parent, notice acts of kindness, feel free to give bonus tokens. (Kindness, generosity, doing a chore without a reminder, etc.)
4. If you catch your child "Bucket Dipping", you may wish to remove a token, but never take away more than one token at a time. Never remove a token out of anger. Simply tell your child why you are removing the token and use a normal tone of voice.
5. If you notice your child is being mean to a brother or sister, you may remove one of his/her tokens.

Rewards:

You may decide that tokens can be cashed in over time for a tangible reward. This allows the added benefit of reinforcing and sustaining positive behaviour day by day. Your child might like to help you make the reward list. Once the list is ready, decide a price for each reward.

Sample Reward Ideas:

Super Duper Hug

Reading a story with parent

Getting to stay up an extra 30 minutes

Playing a game with a parent or family member

Helping to prepare a meal

Rent a special movie

Extra computer time

Have friend over to play