

# Do it for Dolly Day

## Junior Primary Activity Ideas

Read a picture storybook about kindness with your class (or family) from the following:

- [Be Kind](#) by Pat Zietlow Miller, illustrated by Jen Hill
- [Have You Filled a Bucket Today?](#) by Carol McCloud, illustrated by David Messing
- [Kindness is Cooler Mrs Ruler](#) by Margery Cuyler, illustrated by Sachiko Yoshikawa
- [A Sick Day for Amos McGee](#) by Philip C. Stead, illustrated by Erin E. Stead
- [Last Stop on Market Street](#) by Matt de la Peña, illustrated by Christian Robinson
- [We all Sing with the Same Voice](#) by J. Philip Miller and Sheppard M. Greene, illustrated by Paul Meisel

All these books are online and can be read as a YouTube experience or you can read the actual book to your students (or children).

### Activity #1 Whole group brainstorm ... 'What is Kindness?'

Pose the open-ended question – “Tell me something kind that you’ve done lately, big or small” and write the responses down using the two categories.

For example:

<b>Big act of kindness</b>	<b>Small act of kindness</b>
Take care of someone’s pet while they’re away	Take out the rubbish
Pay for someone’s lunch without them knowing	Clean the dishes after dinner
Wash the car for your parents	Read to your brother or sister
Water and weed the garden for a neighbour who is elderly	Offer to help someone with their homework

Activity #2: Discuss the characters in the story and how they demonstrated kindness to each other

Allow students to offer their ideas and suggestions.

Ask those listening to signal thumbs up to support the ideas being presented.

## Activity #3: Be a bucket filler

### What is a bucket filler?

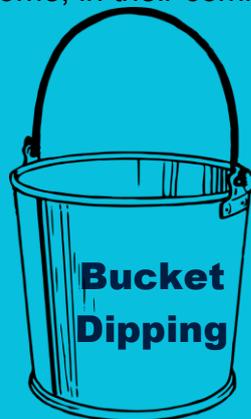
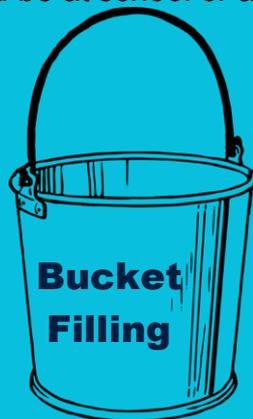
A bucket filler is someone who uses acts of kindness and love to make another person feel better. This could be anything! A bucket filler could say a kind word to someone who looks sad or they could help a friend in need. Being a bucket filler can be as simple as smiling at someone!

### Why is it important?

It's important to be a bucket filler simply because it makes others feel good. People feel bad when their buckets are empty. However, a full bucket brings a lot of joy!

Draw a bucket and decorate with child's name.

On post it notes, ask the students to write or draw suggestions of how they could fill someone's bucket... Could be at school or at home, in their community, at extracurricular activities, etc.



Cheer up a sad friend

Be a bully

Help people who need it

Exclude and run away

Listen to others

Ignore someone

Care for animals

Yell at others

Show kindness

Be mean

**Extension activity: What is a bucket dipper?**

Brainstorm ideas and add them to a separate bucket as a reminder of how we can take from someone's bucket each day.

Activity #4 Complete a 'looks like, sounds like, feels like' for kindness

Being kind looks like, feels like, sounds like...

Looks like ...	Sounds like ...	Feels like ...
Helping carry the groceries in	"Wow, this has made my job so much easier"	Heart filling up with happiness
Asking someone if they'd like to join in your game	"Would you like to join in? You can if you'd like. It will be fun together!"	Joy inside your heart and laughter

Activity #5  
Complete a 'looks like, sounds like, feels like' for bucket filling

**Crafting CONNECTIONS**

A Bucket Filling Classroom...

Looks like:	Sounds like:	Feels like:
<ul style="list-style-type: none"> <li>• kids sharing supplies</li> <li>• smiles ☺</li> <li>• kids sticking up for a classmate who is being bullied</li> <li>• kids writing nice notes to each other</li> <li>• When someone spills their crayons, classmates help them pick them up</li> <li>• kids working together</li> </ul>	<ul style="list-style-type: none"> <li>• compliments</li> <li>• kind words</li> <li>• friendly tone of voice (not sarcastic)</li> <li>• saying "please" and "thank you"</li> <li>• "Do you want to play with us?"</li> <li>• "I like your..."</li> <li>• "Do you need help?"</li> </ul>	<ul style="list-style-type: none"> <li>• happy</li> <li>• <b>SAFE!</b></li> <li>• helpful</li> <li>• caring</li> <li>• supportive</li> <li>• friendly</li> <li>• polite</li> <li>• kind</li> <li>• comfortable</li> </ul>

## Activity #3: Make your own family kindness jar

This is such a simple activity that takes minimal supplies. All you need is three things and your family members! Supplies you need:

- Jar
- Pens
- Paper

### Directions

1. Gather your supplies and your family.
2. Take turns coming up with random acts of kindness that you would like to complete as a family and write them down on your pieces of paper.
3. Put all your papers in the jar and decide how often you are going to complete the acts of kindness. Weekly, fortnightly, monthly?
4. Take turns taking an act of kindness out of the jar and complete them as a family.

