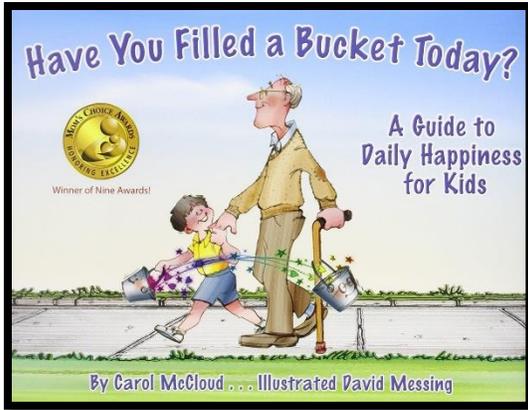


Fred Co Kids Reading Challenge

Week # 6



Check in with us [#fcpreadtome](https://twitter.com/fcpreadtome) and let us know you and your kids completed the week six challenge!

Kindness- the quality of being warm-hearted and considerate and gentle and helpful.

Questions to ask after reading

Have You Filled a Bucket Today?

- o What are some things you can do at school to fill someone's bucket? (Ask someone new to sit with you at lunch, say something nice to a classmate, raise your hand when you have something to say, etc.)
- o What can you do if you notice someone dipping someone else's bucket? (Talk to them about it, support the person whose bucket was dipped, tell a trusted adult, etc.)
- o What could you do if you feel that someone is dipping your bucket? (Ask them to stop, go seek a friend to cheer you up, tell a teacher, etc.)
- o How could you respond if someone tells you that you dipped their bucket? *Everybody makes mistakes. The responsible thing to do is to listen to that person, acknowledge your behavior, apologize if necessary, and do something to make things better.
- o What would you say or do to teach someone else about our invisible buckets and how to fill them?

What It's About: This book introduces an idea that everyone has an "invisible bucket." These buckets are used to hold your good thoughts and feelings about yourself. When you do something kind, you help fill someone else's bucket.

Why It's Important: This provides kids with a visual representation of the importance of kindness. It focuses on social interactions and how our actions positively or negatively affect other people. This book would be especially beneficial as kids begin to develop empathy towards others.

RULES FOR THE FAMILY KINDNESS BUCKETS

First, explain to your children that the goal of this project is for the entire family to become better bucket fillers, and then lay some ground rules:

Each child must do his or her best each day to be a bucket filler.

Mom and Dad will be watching closely, hoping to catch bucket fillers in action.

There will be no removal of gems for bucket dipping behavior and therefore it is a waste of energy to tattle.

When a bucket filler is "caught", Mom or Dad will put a gem in that child's bucket.

Children cannot perform bucket filling acts and then ask for a gem.

Children can inform parents of another child's kind acts so that that child can receive a gem.

Bonus gems will be provided for kind acts that extend beyond our four walls.

At the end of the day, all children will empty their buckets into the Family Kindness Bucket.

When the Family Kindness Bucket is full, the entire family will go to the movies together *This idea can change to fit your family structure*

