

# Social and Emotional Learning (SEL)

## Awareness of Others: Friendship Skills

### Overview:

Friendships help us learn about ourselves and other people. It is an important life skill to learn how to make and keep friendships. Friendship skills can be learned and practiced. Being friends with someone means learning how to treat others with kindness and to accept their kindness when they express it to us.

### Objectives:

Practice friendship skills that can help us

### Child Goals:

Identify and practice skills we need to make and maintain friendships

### Vocabulary:

Maintain

### Learn- 5 minutes

In the book Have You Filled a Bucket Today? read by author Carol McCloud students are shown how they feel when others are kind and “fill their bucket” and how they can do the same and learn how to practice self-compassion and fill their own bucket when they are not near anyone which is a skill we really need to be able to practice more so these days while we learn from home.

- Review the video mentioned in the resources section. Discuss with your child what it means to “fill a bucket”. Discuss ways that a bucket can be filled. Examples are by doing the following behaviors: Helping others when they need help. Making eye contact with new classmates and inviting them to play. Using nice manners by saying please and thank you. These are kind behaviors that can fill a bucket. Have them think about ways that actions can “empty a bucket” and how they feel when someone behaves in that manner towards them.

### Practice-10 minutes

The activity of filling the buckets with the actions, helps children associate negative behaviors with negative emotions that may result by them. It also helps them with perspective taking which is putting themselves into another’s person’s shoes so to speak by connecting how their behaviors can make others feel.

### Materials:

After printing the attached pages and cutting out the specific actions (or copying down words about the actions onto small pieces of pieces of paper if you are not able to print) place them into a paper or plastic bag or container. Have your child pick out each without looking

Explain that the actions that are not in the heart shapes, are behaviors that can empty someone’s

bucket. Take turns placing the actions into the bags (without first looking at what they are) role playing how you would feel after one of the actions whether positive or negative would make you feel after they are placed in the bag.

The goal of the game is to see spend 5 minutes to see who can get the most “bucket fillers” into the bucket.

### Deeper Dive: 5 to 10 minutes

Challenge your child to think of behaviors to create new cards for.

Place the blank cards on a table and encourage your child to think about nice things that would potentially “fill someone’s bucket”.

Give them ideas such as expressing compliments, encouragement, and performing small chores around the house. Then discuss how those behaviors would impact someone’s feelings towards the person doing those behaviors. Lastly, discuss which behaviors would contribute to a good relationship.

## Literacy Resource:

A reading of: Have You Filled a Bucket Today ? by Carol McCloud

## Other Literacy Resources:

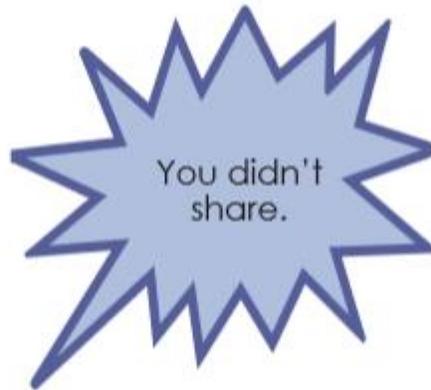
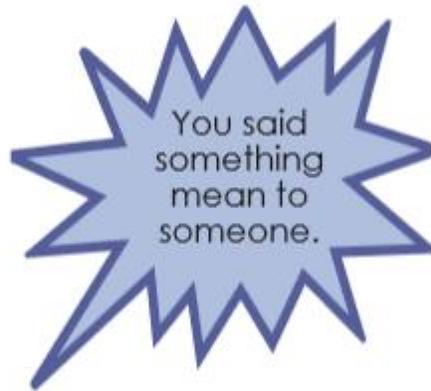
Richard Scarry's Please and Thank You Book

The Berenstain Bears Kindness Counts by Jan and Mike Berenstain

Why Should I Share by Claire Llewellyn

## Online Resource With Additional Activities

Materials







Label for Bucket (optional)

