

# Challenge: Bucket lesson

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## challenge: Weekly Challenges

### Objectives:

1. Students will learn the effect of kindness on themselves and others
2. Students will be challenged to focus on one act of kindness every week

### Common Core Standard:

- CCSS.ELA-LITERACY.W.K.1  
Use a combination of drawing, dictating, and writing to compose opinion pieces in which they tell a reader the topic or the name of the book they are writing about and state an opinion or preference about the topic or book (e.g., *My favorite book is...*).
- CCSS.ELA-LITERACY.SL.K.1  
Participate in collaborative conversations with diverse partners about *kindergarten topics and texts* with peers and adults in small and larger groups.

### Materials:

1. Small bucket, hat or bowl
2. Challenges Cutouts (feel free to add your own challenge ideas that best fit your class or have students come up with some challenges to add to bucket)
3. My Weekly Challenge Worksheet
4. Chart paper and markers

### Motivation:

Explain to the students that every week (for the next 4 weeks) they will be choosing a “weekly **challenge**.” Explain that the weekly **challenge** will help the students to focus on being kind. Set aside time at the beginning of each week for each student to choose their “Weekly **Challenge**.” Each student will choose a **challenge** from the bucket. The teacher will help the student read the **challenge** to the rest of the class. After all of the **challenges** have been read aloud, the students will glue/tape the **challenge** on their “My Weekly **Challenge**” worksheet. Students will draw a picture showing how they are going to complete their **challenge**. Students will dictate a sentence explaining what they drew.

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## Development:

The teacher should explain that the "C" in NICE stands for **Challenge**. Making our school a nicer place is a big **challenge**. One way that we can change our school is to **challenge** ourselves to be nicer and empower others to be nicer. It is important that we **challenge** ourselves first. It is most important to model the behavior that you want everyone else to have. For that reason, we don't want to go around telling everyone else to be nice when we are not being very nice.

Have the students brainstorm a few ways to be nice. Have a discussion with the students about how can we kindly tell others to be nice when we notice that they are not being very nice. Record the students' responses on chart paper and then hang in the room for the students to refer to when needed.

## Closure:

Explain that students will be coloring in faces to show how hard or easy completing the **challenge** was and how they felt when they were done.

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## Challenge Cut-outs

Smile at others when walking down the hallway	Write a note to someone and give them a compliment
Let someone get in front of you in line	Encourage someone who is afraid or nervous about doing something
Hold a door open for someone	Be the last person to take whatever is being passed out
Help someone who you see may be having a hard time	Give a High Five
Share with someone who may not have what you have	Find someone who looks sad and ask what you can do to make them feel better
Be a good listener	Offer to help a student you do not know
Say "thank you" when someone does something for you	Offer to help your teacher
Offer to help a friend	When asking for help, always say "please"
Clean up after yourself and help others to clean up also	Speak with kind words to everyone you talk to
Be a friend to someone who doesn't have a friend	Stand up for someone who is being picked on
Ask someone new to play with you	Do something nice for someone
Make sure that no one is left out at recess	Pick up any papers or pencils that may be laying in the hallway
Say "good morning" to anyone you see!	When someone drops something, help them pick it up
Write a thank you note to someone who did something for you	Pick up any garbage you see outside on the playground
Give a compliment to someone you see doing something nice	Help a classmate find something that they lost

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## My Weekly Challenge Worksheet

My "Weekly Challenge" is \_\_\_\_\_

This is what I am going to do to meet my **challenge**

Completing my challenge made me feel:

