



YMCA Project Cornerstone Summer Fun 2022

*An 8-week adventure in reading, games,
and family fun!*

Week 1 —Have You Filled a Bucket Today? Or Buckets, Dippers, and Lids*

By Carol McCloud

Growing UPstanders -- Be kind. Fill buckets.

Book synopsis: This story uses a bucket to symbolize our need to be *filled* every day with positive experiences. By expressing and doing acts of kindness and appreciation, we create happy feelings and good thoughts that *fill our bucket* and the *buckets of others*.

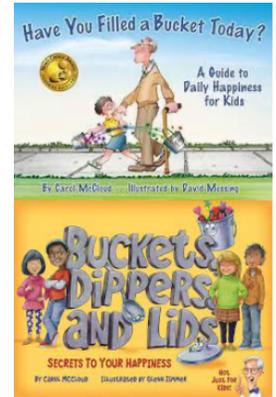
Book Narration: View a narrations of:

Have You Filled a Bucket Today?

[Video](#)

View a narration of *Buckets, Dippers, and Lids*

[Video](#)



Monday Activity:

Bucket Filling in Your Community

- Have everyone in the family participate in this activity.
- Brainstorm as a family, ways you can be *bucket fillers* in your community.
- Ideas may include: Take the neighbor's garbage cans to the curb, walk the dog, invite someone new to play, pick up trash in the local park, deliver treats to the firehouse, clean out the toy box and donate to a children's shelter etc.
- Make a plan as to how often you will perform these acts of kindness.
- Be a family that *fills buckets!*
- Remember kindness is a quality that doubles when you share it.
- Check out this link for families volunteering together from Doing Good Together:
 - <https://www.doinggoodtogether.org/volunteer-together-local>

Tuesday Craft:

Kindness Chain

- Materials: construction paper, scissors, tape or stapler, pencil or marker
- The whole family can participate in this activity.
- Cut construction paper into strips approximately $\frac{3}{4}$ "x 8".
- Write on the paper strip "Our Family Kindness Chain" or personalize this to a family team name it you like!
- Loop the paper into a circle and staple or tape. This is the first link in your Kindness Chain.
- When someone *fills a bucket*, they write what they did on another strip of paper and add it to the chain. You can also write how someone *filled your bucket* or a kindness you witnessed and acknowledged.
- Watch you chain grow over the summer.
- How long will your Kindness Chain be?

Wednesday Reading:

Complementary books:

- Visit your local library to sign up for their summer reading program.
- *How Full is Your Bucket for Kids* by Tom Rath and Mary Reckmeyer
- Check out these books that complement the ABC book:
- *Kindness is Cooler, Mrs. Ruler* by Margery Cuyler
- *I Walk with Vanessa: A Story about a Simple Act of Kindness* by Kerascoet
- *Kike's Hats* by Warren Hanson
- *Ordinary Mary's Extraordinary Deed* by Emily Pearson
- *Somebody Loves You Mr. Hatch* by Eileen Spinelli

Chapter Books:

- *Because of Mr. Terupt* by Rob Buyea
- *Flying Lessons & Other Stories* by Ellen Oh

Thursday Mindfulness:

Remembering Joy

- With this mindfulness activity, we travel back in time through our minds to relive a moment that brought joy.
- Get in a comfortable position.
- Take a moment to recall a happy memory, whatever comes to mind first will work for this exercise, as long as it brings you joy.
- Travel back to when the memory takes place. Picture yourself there. What did it look like? Look around in your mind to remember your surroundings.
- Who else is there? Remember the faces and how it felt to be with them. If it was just you, remember what felt good about spending time on your own.
- Open your senses. Remember the sounds. What did you touch? What did it smell like? What could you taste?
- Take a minute or two in that memory.
- Gently bring yourself back to the present. Wiggle your fingers and toes and open your eyes.
- Think about the good feelings this memory brought. Did it *fill your bucket*?
- Think about how you might *fill the bucket* of someone else.

Friday Family Movie Night

Pick of the Litter

- Watch this documentary on puppies on the road to being Guide Dogs for the Blind.
- **Please review the movie before watching as a family.** Movie suggestions are from Common Sense and full reviews can be found under Parental Guidelines for movies:
- <https://www.common sense media.org/movie-reviews/pick-of-the-litter>

*Special Note: Adults may enjoy reading the book, *How Full is Your Bucket-Positive Strategies for Work and Life* by Tom Rath and Donald O. Clifton PH.D