

Year 6 – Distance Teaching and Learning – Wellbeing



Week beginning: 15th June 2020

The tasks can be completed in any order.

Book: Have You Filled A Bucket Today?

Year 6 Wellbeing – S2 Week 3 – Video Have You Filled A Bucket Today?

Watch this video to listen to Miss Chilton reading this week’s wellbeing story.

Year 6 Wellbeing – S2 Week 3 – Video Task 1

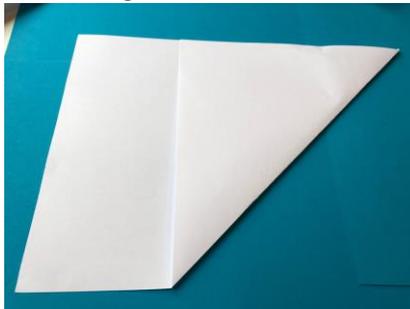
In this video, Miss Chilton will tell you more about task one and show you what it could look like.

| Task 1 | Task 2 | Task 3 | Task 4 | Task 5 |
|--|---|--|---|--|
| <p>Make your own bucket using the origami instructions below. You could also watch the video to see how Miss Chilton did it. Decorate your bucket with things that make you you! It could be your favourite colour, covered in your favourite hobbies, foods or words that describe you. As our buckets are usually invisible, sometimes we forget about our own and others buckets. It is more important than ever to fill other people’s buckets because we are spending more time at home and spending lots more time together!</p> | <p>What is a bucket filler? Make an A-Z Bucket Filler list. For each letter write something that you could do that would fill another person’s bucket.</p> <p>You could make this into a colourful poster to display to remind you and others of nice things you can do for each other. There is an example below that you can use for inspiration.</p> <p>Pick 2 things from the list that you could do to fill someone else’s bucket today. Write a sentence about each thing you did and how it made you feel.</p> | <p>At this time, we are all spending lots of time at home. This means that we have to be extra kind to each other so that we can all get along. It also means that we might have dipped into someone else’s bucket because we were sad, angry, worried or bored. There are ways that we can begin to undo any bucket dipping we did. We need to acknowledge the unkind behaviour and apologise. We can then try to make it up to them and fill their bucket with a kind gesture. Write a paragraph about a time you have dipped into someone’s bucket and what you did to fix it. Did you do enough? Could you do something more to fill their bucket?</p> | <p>There are 3 examples of bucket filler puzzles in this document. There is a word search, crossword and secret message reveal.</p> <p>Make your own puzzle in one of these styles based on the book ‘Have You Filled A Bucket Today?’</p> <p>Your puzzle should include words or phrases that describe bucket fillers. For example thoughtful, generous, kind.</p> | <p>What have others done to fill your bucket this week? Write a list of kind things that your friends and family have done this week that have filled your bucket and cheered you up.</p> <p>Show your appreciation for one of these actions by writing a thank you letter. This will help fill your bucket and theirs. Everyone likes it when their actions are noticed and appreciated.</p> <p>Don’t forget to include: Dear, from, informal language, paragraphs, a range of sentence types, at least 1 paragraph, an explanation of how their action made you feel</p> |

Origami Bucket Instructions

You will need:
1 piece of A4 paper
Scissors
Colouring pencils or pens
Sellotape or glue

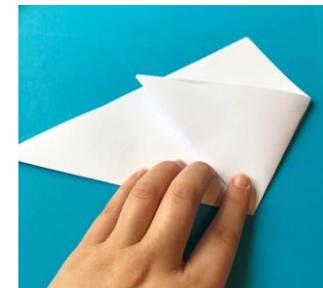
1) Make your paper a square by folding over one corner over.



2) Cut the spare strip off. This can be used to make a handle later.



3) Fold the right corner over to the left.



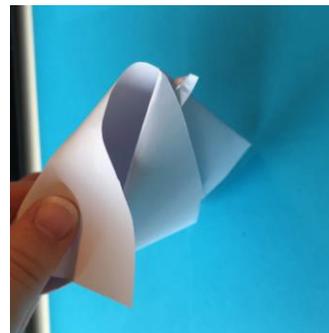
4) Fold the left corner over to the right. This should go over the top of the fold you made before.



5) Take one of the top flaps and fold it over so that it is on the outside of the bucket.



6) Take the flap on the other side and fold it so that it is inside the bucket.



7) It should now look like a bucket.



8) Make a handle for your bucket with the left over strip of paper. Sellotape or glue it on the inside of the bucket.



9) Decorate your bucket.



Bucket Filling from A to Z

- A - Ask if you can help
- B - Be a bucket filler
- C - Cheer up a friend
- D - Donate to a special group
- E - Excited to fill buckets
- F - Friends have fun or hang out
- G - Give a little of your time
- H - Heroes look out for others
- I - Invite someone to join the fun
- J - Joyful when you give a hug
- K - Kindness brightens your day
- L - Listen when people talk
- M - Make a bucketfilling card
- N - Notice helpful things
- O - Offer to help
- P - Practice daily bucket filling
- Q - Quit any bucket dipping
- R - Respect everyone
- S - Smile and see what happens
- T - Tell your family you love them
- U - Use kind words
- V - Volunteer to do some work
- W - Watch out for bucket dipping
- X - EXtra-special is a friend
- Y - You do your best
- Z - Zero you can't work out

Hidden Message

Instructions: Reveal the hidden message by decoding the letters and characters.

- | | | | | |
|-------|--------|--------|--------|--------|
| 1 - A | 7 - G | 13 - M | 19 - S | 25 - Y |
| 2 - B | 8 - H | 14 - N | 20 - T | 26 - Z |
| 3 - C | 9 - I | 15 - O | 21 - U | 27 - , |
| 4 - D | 10 - J | 16 - P | 22 - V | 28 - . |
| 5 - E | 11 - K | 17 - Q | 23 - W | 29 - ! |
| 6 - F | 12 - L | 18 - R | 24 - X | 30 - ? |



9 1 13 1

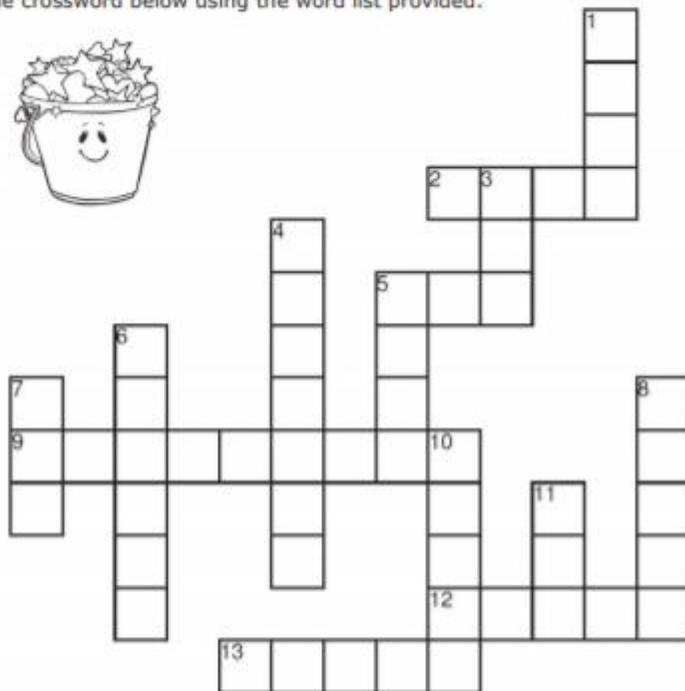
2 21 3 11 5 20

6 9 12 12 5 18 29

Have You Filled a Bucket Today? I'm a Bucket Filler and I am:

Complete the crossword below using the word list provided.

- morning
- happy
- lid
- fill
- note
- today
- invisible
- giving
- fun
- own
- empty
- every
- love
- dip



Across

2. Writing a thank-you _____ would fill someone's bucket.
5. Filling buckets is _____!
9. Everyone has an _____ bucket.
12. Every day you should ask yourself, "Did I fill a bucket _____?"
13. _____ day you should fill a bucket!

Down

1. Saying "I _____ you" can fill someone's bucket.
3. When you fill someone's bucket, you fill your _____ bucket, too.
4. Saying "Good _____" would fill someone's bucket.
5. Inviting someone to play with you at school would _____ their bucket.
6. _____ hugs fills buckets.
7. When you are mean to someone, you _____ into their bucket.
8. When you fill someone's bucket, you feel _____.
10. When your bucket is _____, you feel sad.
11. Remember to use your _____ on your bucket when someone tries to dip.

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| F | U | N | I | W | Y | R | I | V | X | D | J | M | T | G |
| J | T | L | E | Y | I | P | B | Y | H | S | V | I | I | R |
| K | R | C | N | N | P | V | P | U | G | G | V | B | E | S |
| G | O | O | X | S | C | M | P | A | E | I | U | S | L | T |
| T | R | U | S | T | W | O | R | T | H | Y | P | M | U | H |
| T | I | I | L | D | T | P | U | K | A | E | Z | T | F | O |
| S | A | W | N | L | M | N | Q | R | C | O | D | X | K | U |
| X | F | I | K | A | S | D | Y | T | A | H | U | L | N | G |
| Z | K | A | E | C | L | L | F | L | Q | G | U | H | A | H |
| S | U | O | E | T | R | U | O | C | D | F | I | G | H | T |
| T | N | O | P | B | L | D | K | V | P | N | I | N | T | F |
| C | A | R | I | N | G | I | J | L | I | V | E | C | G | U |
| H | L | V | P | G | F | Q | E | Z | I | N | X | I | F | L |
| G | S | I | I | Y | R | H | K | N | G | T | G | S | R | G |
| T | S | E | N | O | H | D | G | J | J | U | I | Y | W | F |

Check the box of each word you find. Words may be horizontal, vertical, or diagonal and may be spelled forward or backward.

- | | | |
|--------------------------------------|----------------------------------|--------------------------------------|
| <input type="checkbox"/> CARING | <input type="checkbox"/> GIVING | <input type="checkbox"/> LOVING |
| <input type="checkbox"/> COURTEOUS | <input type="checkbox"/> HAPPY | <input type="checkbox"/> RESPECTFUL |
| <input type="checkbox"/> ENCOURAGING | <input type="checkbox"/> HELPFUL | <input type="checkbox"/> THANKFUL |
| <input type="checkbox"/> FAIR | <input type="checkbox"/> HONEST | <input type="checkbox"/> THOUGHTFUL |
| <input type="checkbox"/> FRIENDLY | <input type="checkbox"/> KIND | <input type="checkbox"/> TRUSTWORTHY |

