

BE A BUCKET FILLER



INCLUDES:

- + 7 parts of the lesson guide
- + Full lesson
- + 3 mudra cards
- + 1 breath card
- + Video links



7 Parts of Practice

1

PART ONE - Seated Practice • 5-10 min. The goal of the seated practice is to help children connect their body and their breath. These practices help to calm the nervous system, refocus the brain, and relax the body. Sessions that begin with a seated practice help bring children into the present moment and tune out what happened before their practice, and what will happen after. These seated practices are grounding, connecting, and centering. In each session, children will learn breathing techniques, mudras (yoga for the fingers), or mantras and then choose the practice that feels best for them. All three practices support social-emotional development by teaching children to quiet their minds, look inside themselves, determine what they are feeling, and express that.

When Teaching Mudras:

- Teach about and then guide two breaths in the three mudras
- Encourage each student to choose the mudra that fills best for their mind and body
- Have them close their eyes and guide three breathes in each mudra

2

PART TWO - Movement • 5 min. The movement section often begins with the Sun Salutation, which is the physical practice of moving the body, mind, and breath together. It is important to bring these three realms together to be more present in the body. A song is used to accompany movement, empowering students and aiding them in recalling the order of yoga poses.

3

PART THREE - Heart of the Lesson • 10-15 min. This part of the practice is the main focus of each lesson. It is here that students learn new social-emotional skills and mindfulness techniques. This part of the practice will be different each time and may incorporate breathwork, body movement, social engagement literature, music, and various other mindfulness tools.

4

PART FOUR - Creative Expression • 10-20 min. Is it art? Is it a project? Is it dancing to a song and freezing when the music stops in a yoga pose? This is your opportunity to get creative with your lesson. This portion can be removed if you run out of time.

5

PART FIVE - Cool Down • 2-3 min. The cooldown is intended to calm students. This is a good time to clean up supplies and practice relaxation techniques on yoga mats; including breath techniques, the use of calming props, or quieting poses such as Pigeon, Supine Twist, or Happy Baby.

6

PART SIX - Guided Mindfulness • 2-7 min. This is a safe time in which children can relax and release. A yoga story or song is utilized to encourage imagination and a gentle reset for the rest of the day. Challenge to Change teachers often incorporate the use of eye pillows to promote even deeper relaxation, but this part of practice can also be done without or in a seated position.

7

PART SEVEN - Close of Practice • 2-5 min. This part of the mindfulness practice helps children complete and close all parts they have just learned. The repetition of simple words, phrases, or songs supports mindfulness, self-esteem, and self-regulation.



Be a Bucket Filler Lesson

Provided Materials

- + 3 Challenge to Change Mudra Cards
- + Challenge to Change Breath Card
- + 'Ways to Fill my Bucket' Worksheet

Needed Materials

- + Pencils
- + Plastic Cups
- + Washi Tape
- + Pipe Cleaners
- + Hot Glue
- + Scissors
- + Have You Filled A Bucket Today? by Carol McCloud



Seated Practice

Mudras

Water
Heart Center
I Am Connected

To purchase the full deck of mudra cards click [here](#)

Movement

Sun Salutation to "Dance for the Sun"

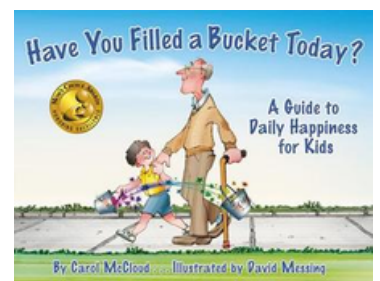
by Kira Willey

[Click here to watch video of movement](#)

Heart of the Lesson

Have You Filled A Bucket Today? A Guide to Daily Happiness for Kids by Carol McCloud

- Read the book aloud to the class.
- Teach the following yoga poses to mimic the shape of a bucket: (See included Yoga Poses worksheet)
 - Flower Pose
 - Floor Bow
 - Happy Baby
- Play Mercury Rising (See next page)





(Heart of Lesson continued)

Mercury Rising

1. To play Mercury Rising, have participants stand in a circle.
2. Guide everyone to remember something kind that has once been said to them.
3. Start with one individual and have them go around the circle whispering the compliment they received in everyone's ear.
4. Once that person has started moving around the circle, have the next person start walking around the circle whispering their compliment into everyone's ear.
5. Do this until everyone in the circle has walked around sharing their compliment with the group.
6. Afterwards, have everyone debrief how it felt to have so many positive comments circling around the group.



Creative Expression

Personal Buckets

- Have the class brainstorm a list of people, places, and things that fill their buckets. Using these lists, have participants fill out a "Ways to Fill My Bucket" worksheet and cut out the droplets. (See attached resource)
- Pass out a cup to each participant. Allow participants to decorate their cups using the Washi tape.
- Hot glue a pipe cleaner across the top of each cup to make a bucket handle (See photo example).
- Have participants place their water droplets in their buckets. They now each have a physical reminder of how they can fill their own buckets whenever needed.





Cool Down

Square Breath (Found on the included Breath Card page)

To purchase the full deck of breath cards click [here](#).

Guided Mindfulness Practice

"Fill Your Bucket Meditation" (5:38) by Molly Schreiber and Daniel Goldsmith, found on "Mindfulness in the Elementary Schools" album.

Close of Practice

Let Peace Begin With Me

Place hands in lotus flower mudra. For every word place one finger together to close the flower, alternating: pinky, thumb, ring, pointer, center. During the next repetition of the words, remove fingers in the opposite direction: center, pointer, ring, thumb, pinky.

For younger students, options include: placing fingers together and separating them in finger order, or tapping all fingers together as "blinkers."

Repeat five times, so students end with hands together at heart center.

For more information & Challenge to Change, Inc. resources

Website: www.challengetochangeinc.com

Challenge to Change, Inc: [Online Storefront](#)

Our blog for Teachers: [Blog](#)



*We'd love to
connect with you!*

Mudras



Water

When to Use

The Water mudra can be used when you are feeling healthy and balanced.

Where to Place

Place on your lap while seated in Easy Pose.

What to Say

"Water mudra is great to use when you are feeling very healthy and balanced. Our bodies are made up mostly of water. When we drink water we feel happier, healthier, and more balanced. Water can also make us focus better on tasks we need to do, such as our schoolwork."



Heart Center

When to Use

When you want to center for intention.

Where to Place

At your heart center.

What to Say

"Heart Center mudra is wonderful to use when you are setting your intention for your practice. When you bring your hands to your heart center, you can focus on sending love and positive energy towards your thoughts and actions for that day."



I am Connected

When to Use

When you feel connected to the world around you.

Where to Place

At your heart center.

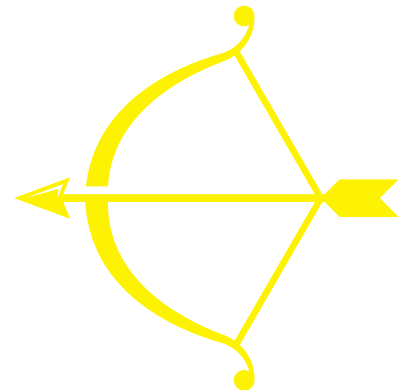
What to Say

"This mudra helps to enhance feelings of connection with the world around you. Use this mudra when you want to spread love and positive energy to others."

Yoga Poses



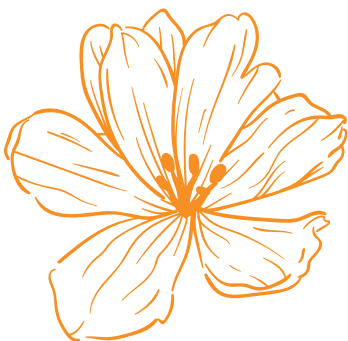
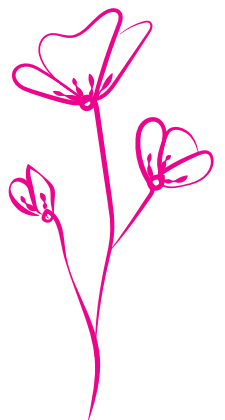
Floor Bow



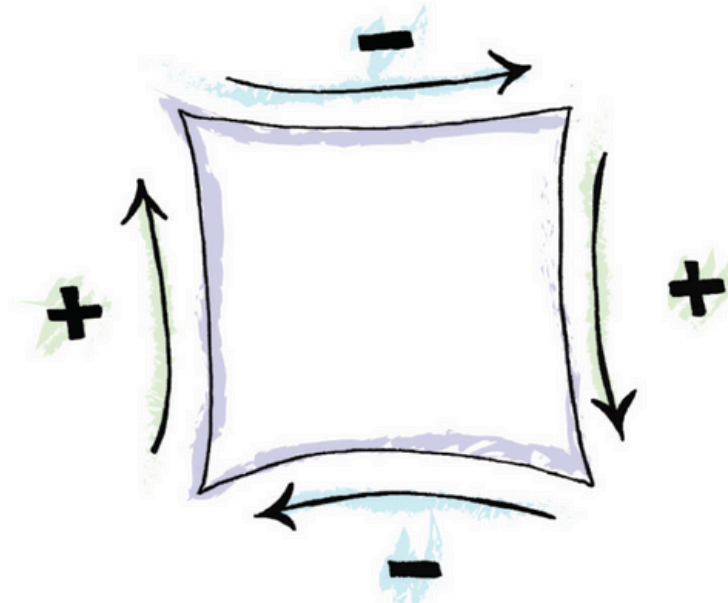
Happy
Baby



Flower
Pose



Breath Card



SQUARE BREATHING

This breath practice incorporates tactile touch as you trace the four sides of the square while you breathe. You can trace the square on this card, or you can trace the shape of a square on your leg, on your desk, or even in the air.

- 1** • Place your finger on the bottom left corner of the square. Inhale through your nose, and as you do so, trace your finger up the left side of the square.
- 2** • Exhale through your nose and trace your finger across the top of the square.
- 3** • Inhale through your nose and trace down the right side of the square.
- 4** • Exhale and trace your finger across the bottom of the square.
- 5** • Repeat as many times as desired.



Ways to Fill

your
bucket

Instructions:

- Write in the ways you can fill your bucket or help fill others buckets.
- Then cut out each droplet.

