



# Do it for Dolly Day

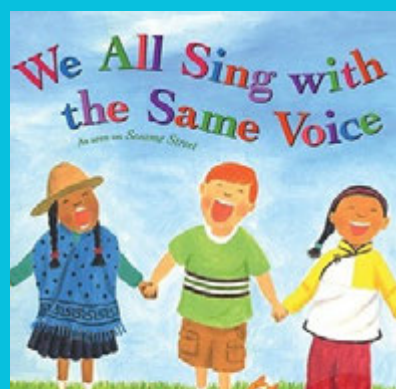
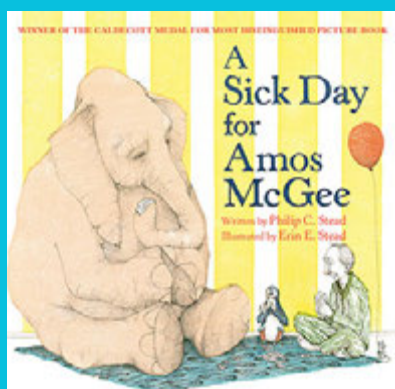
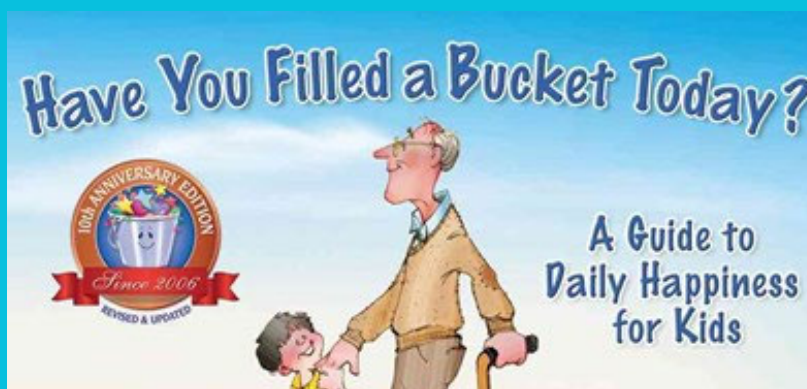
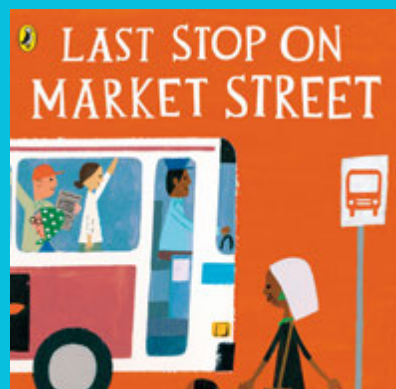
## Junior Primary Activity Ideas



### Activity #1 A kindness storytime and discussion

Read a picture storybook about kindness with your class or family from the suggestions below followed by a discussion on the impact of looking out for one another:

- Be Kind by Pat Zietlow Miller, illustrated by Jen Hill
- Have You Filled a Bucket Today? by Carol McCloud, illustrated by David Messing
- A Sick Day for Amos McGee by Philip C. Stead, illustrated by Erin E. Stead
- Last Stop on Market Street by Matt de la Peña, illustrated by Christian Robinson
- We all Sing with the Same Voice by J. Philip Miller, illustrated by Paul Meisel





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### Activity #2 Whole group brainstorm ... 'What is Kindness?'

Pose the open-ended question – “Tell me something kind that you’ve done lately, big or small” and write the responses. Extend the conversation with a focus on the impact on the two individuals involved. Some suggestions to prompt the conversation:

- Sitting beside a classmate you don't know very well
- Taking out the rubbish
- Caring for a friend who is sad
- Helping with the dishes after dinner
- Reading to your brother or sister
- Offering to help someone with their homework





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### Activity #3 Be a bucket filler

What is a bucket filler?

A bucket filler is someone who uses acts of kindness and love to make another person feel better. This could be anything! A bucket filler could say a kind word to someone who looks sad or they could help a friend in need. Being a bucket filler can be as simple as smiling at someone!

Why is it important?

It's important to be a bucket filler simply because it makes others feel good. People feel bad when their buckets are empty. However, a full bucket brings a lot of joy!

Draw a bucket and decorate with child's name.

Ask the children to write or draw suggestions of how they could fill someone's bucket. It could be at school, at home, in their community, or at extracurricular activities. You may wish to extend this activity to explore bucket dipping behaviours.





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### Activity #4: Make your own family kindness jar

This is such a simple activity that takes minimal supplies. All you need is three things and your family members! Supplies you need: jar, pens and paper!

Directions

1. Gather your supplies and your family.
2. Take turns coming up with random acts of kindness that you would like to complete as a family and write them down on your pieces of paper.
3. Put all your papers in the jar and decide how often you are going to complete the acts of kindness. Weekly, fortnightly, monthly?
4. Take turns taking an act of kindness out of the jar and complete them as a family.

