

COMMON GRACE &  
MĀLAMA MENTORS

# WEEK 2

quarantine

## MENTORING PLAN

### THE POWER OF ENCOURAGEMENT

## OVERVIEW

This week is all about the **Power of Encouragement** to bring hope to others and ourselves. We suggest going over the book Have You Filled Your Bucket Today? by Carol McCloud with your child. We have ways to access this book on YouTube below. In short, the book goes over how we should be bucket *fillers* (making people feel more positive) and not bucket *dippers* (making people feel more negative). We also have self-encouraging coloring pages you can do to promote self-love and self-esteem.

### SUGGESTED MENTORING PLAN:

- **10 mins:** Listen to your child and use our conversation starters.
- **20 mins:** Read, do homework, or complete an encouragement activity listed below.
- **30 mins:** Play! We have game ideas listed below.



## CONVERSATION STARTERS

- What does it mean to be kind?
- What is one way you can be a good friend?
- What is one of your greatest talents? How do you feel when you do that talent?
- What do you want people to remember about you?
- What do you like about yourself?

## ACTIVITY IDEAS

### READ HAVE YOU FILLED YOUR BUCKET TODAY? BY CAROL MCCLOUD

Here are a couple options on YouTube to read aloud with your child:

- Carol McCloud reading aloud: <http://www.youtube.com/watch?v=JEg38zCOMgk>
- Page by page read aloud: <http://www.youtube.com/watch?v=mWe6Z3zFwoA>

We suggest you share your screen with your child or have them follow along separately.

### BUCKET FILLING ACTIVITIES

- **Brainstorm.** With your child, brainstorm ways he/she can be a bucket filler before school, during recess, after school, at home, and in other contexts.
- **Other activities.** Check out [www.bucketfillers101.com](http://www.bucketfillers101.com) for free activities you can do.
- **Coloring pages.** Download self-encouragement pages at [malamamentors.org/resources](http://malamamentors.org/resources).

### GAMES YOU CAN PLAY VIA PHONE, WEBCAM, ONLINE

Scattegories, 20 questions, charades, pictionary, hangman, Connect 4 ([c4arena.com](http://c4arena.com)). Draw a picture together ([aggie.io](http://aggie.io)).

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## ACTIVITY SAMPLES

### THE POWER OF ENCOURAGEMENT

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Page by page read aloud:

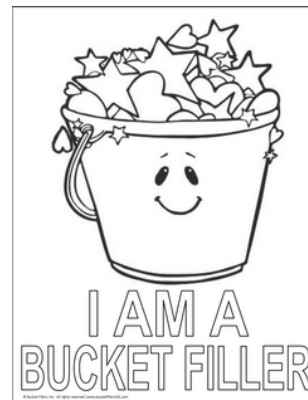
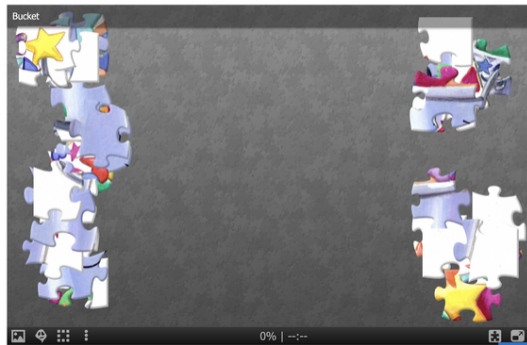
<http://www.youtube.com/watch?v=mWe6Z3zFwoA>

#### EXAMPLE ACTIVITIES FROM BUCKETFILLERS101.COM

The puzzle and coloring pages below (and more) are all available for free on the website.

##### Fun bucket jigsaw puzzle

The jigsaw puzzle is 30 pieces and is timed. If you finish and would like to play again, simply click on the play arrow in the middle of the black task bar, right below the puzzle.

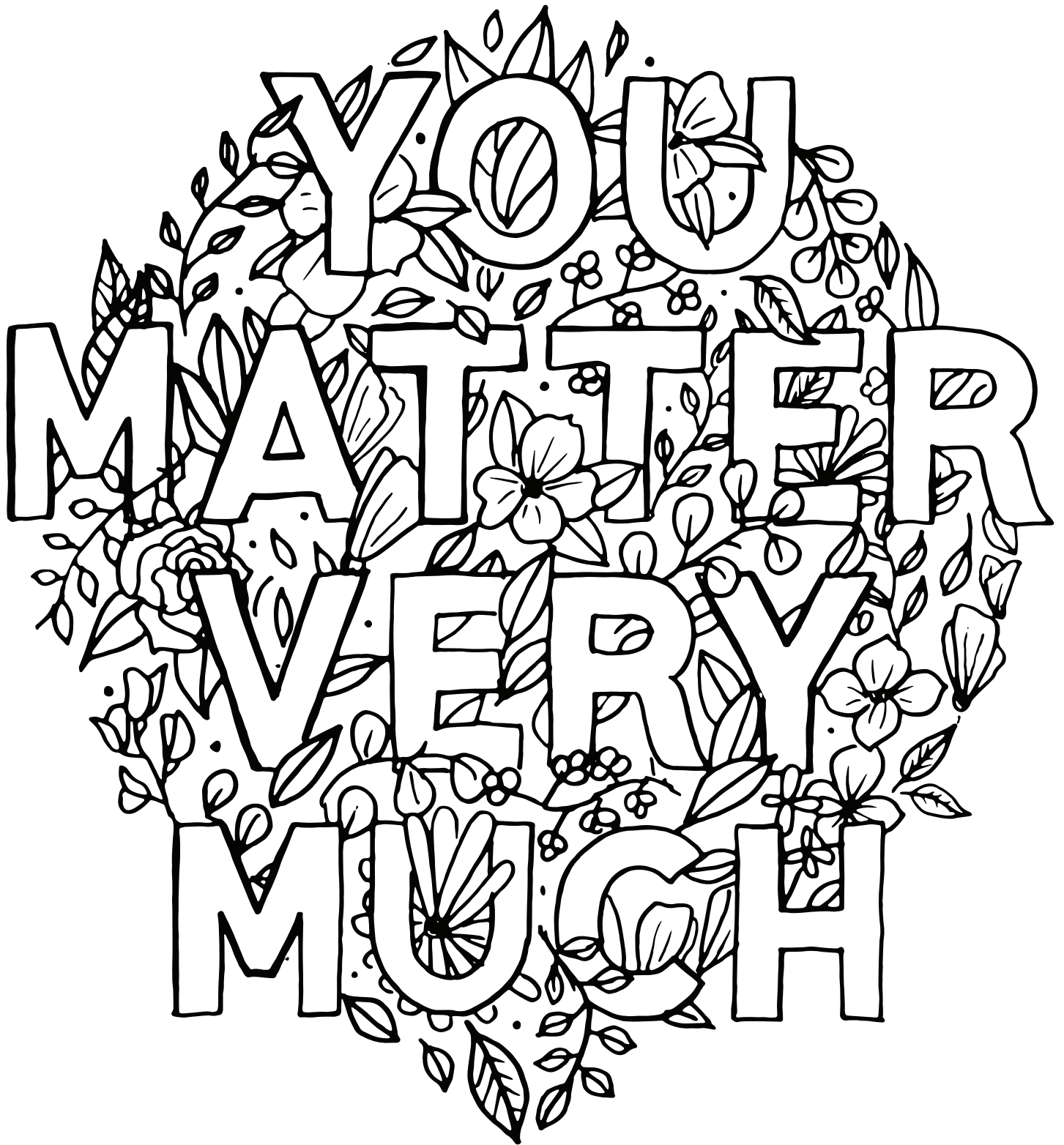


#### SELF-ENCOURAGEMENT COLORING PAGES

Available to download at [malamamentors.org/resources](http://malamamentors.org/resources).















TO  
WRITE  
LOVE  
ON HER  
ARMS.

