

How Full is Your Basket?

Subject

Language Arts

Concept

Self-evaluation

Grade Level

6 - 7

National Career Guidelines

Competency I

Knowledge of the influence of a positive self-concept

Type of Activity

Individual

Related Occupations

Psychologist
Social Worker
Counselor

This activity will allow students to examine how the things we say and do affect the feelings of others.

Materials/Supplies

Basket, several eggs, "How Full is Your Basket?" handout

Activity

- Bring a basket and eggs for props.

Introduce the concept of filling one another's baskets, both positively and negatively.

Read aloud the "How Full is Your Basket?" story. Distribute "How Full is Your Basket?" handout.

Have the students discuss the important points of the story.

Ask the students to discuss how events and feedback in a person's life determine a person's feelings about himself/herself.

Have the students discuss ways to add "eggs" to the baskets of the people they know.

Evaluation

Students will be evaluated on participation in the class discussion.

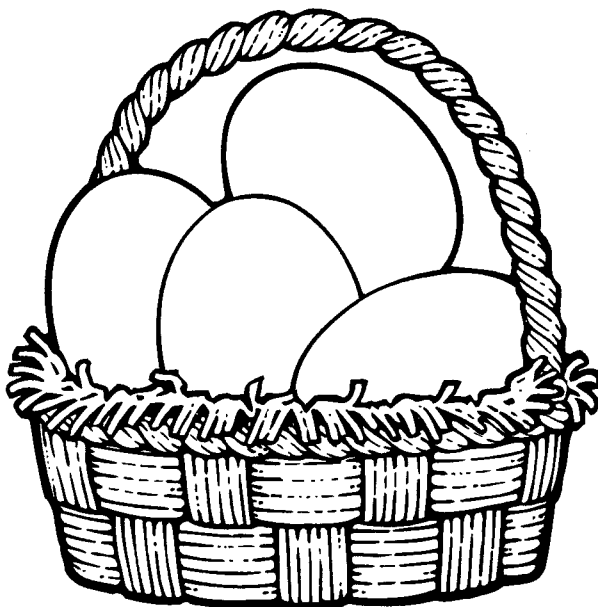
How Full is Your Basket?

You may have heard it called your basket, bucket, cup, plate, etc. but regardless of what it is called, it is basically the same. It is a holder, and in the case of self-image, it helps determine how we feel about ourselves. While invisible, your basket is always with you. It is ready to hold more, even when full.

Your basket is filled by good things that happen to you and by things you do yourself. For example, if people compliment you, they add to your basket. If you in turn compliment or help someone else, you add to your basket. Often you find your basket is full without even realizing it is.

On the flip side, you can lose the contents of your basket the same way—from other people's comments or criticisms or your own. Some people seem intent on taking from other people's baskets by making fun of them, criticizing them or pointing out mistakes or shortcomings. Generally, they are trying to fill their baskets and don't know how to do it in a positive manner. You can also empty your own basket through negative self talk.

When your basket is full, you feel better about yourself and your life. When it is empty, or close to empty, you don't feel very good. While it may be hard when the level in your basket is getting low, try to say something good about yourself or do something nice for yourself. Remember, you can also add to your basket (and another's) by paying someone else a compliment or doing something nice for them. Fill other people's baskets, and soon you may find yours overflowing as well.



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