

Presenter: It's summertime, which means lots of fun in the pool. I have a question for you: What if you are really good at swimming, but your friend is more comfortable in the shallow end of the pool? What would you do? How would you treat your friend? Welcome to *Storytime* by *Lingokids*, where we discover fascinating facts about the world around us and the fun of *Playlearning*. Join us at the pool, where we learn how to be a good friend and encourage others.

Lisa: Come on in the pool everybody. Let's play *Sharks and Minnows*.

Elliot: I want to play, but I'm scared of the deep end of the pool.

Lisa: Don't be silly, Elliot. It's just water.

Presenter: A lot of people are afraid of swimming, Lisa. It's nothing to be ashamed of. Learning to swim can be scary.

Elliot: Swimming is hard.

Presenter: Yes, learning to swim can be hard, too.

Billy: [chirping]

Presenter: You don't like getting your head wet, Billy? I don't blame you. Lisa's a really good swimmer, and Elliot, Cowy, and Billy are all learning. That's great.

Elliot: That is not great. Lisa can do it, but we can't.

Presenter: Everyone is different, Elliot. We're all good at some things, and other things, we're not so good at, but we can learn to become better.

Cowy: I'm good at art, but I'm not good at dancing on one leg yet.

Elliot: I'm good at playing blocks, but I'm not good at playing violin yet.

Billy: [chirping]

Presenter: Yes, Billy, you're excellent at making inventions, but you're still working on learning to bake chocolate chip cookies.

Billy: [chirping]

Presenter: Oh, no. Your last batch of cookies tasted like super stinky slime balls. *Lingokids* listeners, can you think of some things that you're really good at and other things that you're still working on?

I'm sure you all came up with a good list. Lisa, we didn't hear from you yet. What are you good at, and what things are you still working on?

Lisa: I'm good at swimming, and I'm working on getting my friends to get in the pool and play *Sharks and Minnows* with me. They're acting like babies.

Cowy: Hey, I'm not a baby.

Elliot: Me neither. I just can't swim in the deep end yet.

Presenter: Lisa, I can tell you're feeling impatient, but there's no excuse for name-calling. Name-calling hurts your friends' feelings. Picture everyone having a bucket, and the more full peoples' buckets are, the better they feel.

Lisa: Buckets? I don't have a bucket.

Presenter: They are just imaginary buckets, Lisa.

Lisa: Okay, I get it. Full buckets mean that people are full of good feelings; they feel happy.

Presenter: Yes. How do you think calling people names makes them feel?

Lisa: Oh, it makes them feel sad.

Presenter: That's right. It empties their bucket.

Lisa: What can I do to fill their bucket back up?

Presenter: You can start with a very important word. *Lingokids* listeners, can you guess what that word is?

Lisa: Is it sorry?

Presenter: Yes, saying sorry is a good start to filling back up your friends' buckets.

Lisa: What else can I do?

Presenter: How about offering some understanding and encouraging words to your friends?

Lisa: Elliott, Cowy, Billie, I'm sorry. Swimming can be hard, especially at first, but I know you can do it. Maybe I can help.

Presenter: Wonderful. You changed from being impatient and making fun of your friends to saying encouraging words, and even better, you offered to help them out. How does that make your friends feel?

Cowy: Really good. Lisa, you are filling up my bucket.

Presenter: See, Lisa? Look at how your words and actions can be used to fill up your friends' buckets.

Lisa: Wow, and guess what? I think I found a secret.

Presenter: Oh, what's that, Lisa?

Lisa: I think my bucket is getting filled up, too.

Presenter: That's very interesting, Lisa. Why do you think that is?

Lisa: It feels better to help my friends than it does to feel like I'm better than them. It makes it so we're all on the same team.

Cowy: Go, team.

Lisa: But now, I'm not on your team because I'm the shark, and all of you are the minnows.

Elliott: I still can't go on the deep end, not yet, at least.

Lisa: That's okay. Let's stay in the shallow end and one day I'll help you learn to swim in the deep end, too.

Cowdy: Hurray.

Elliot: Bet you can't catch me.

Lisa: I'm going to get you.

Presenter: Thank you *Lingokids* listeners, for joining us. We hope you learned about some ways you can be an encouraging friend and fill up everyone's bucket. Parents, talking about emptying and filling up buckets can be a useful metaphor to talk about feelings and how our words and actions have an impact on how other people feel. If you are ready for interactive *Playlearning* time, explore our *Lingokids* app. It offers fun and educational songs and games to help kids ages two and older learn and develop important skills, such as communication, cooperation, critical thinking, and creativity. That's the power of *Playlearning*. See you in our next episode.