

# Have You Filled a Bucket Today?



A Guide to  
Daily Happiness  
for Kids



By Carol McCloud ... Illustrated by David Messing



**Bucket Fillers**

All day long, everyone in the whole wide world  
walks around carrying an invisible bucket.



**You have a bucket.  
Each member of your family has a bucket.**



**Your grandparents, friends, and neighbors all have buckets.**



**Everyone carries an invisible bucket.**

*Your bucket has one purpose only.*



**Its purpose is to hold your  
good thoughts and good  
feelings about yourself.**



Other people feel the same way, too.

They're happy when their buckets are full and they're sad when their buckets are empty.

**It's great to have a full bucket and this is how it works . . .**



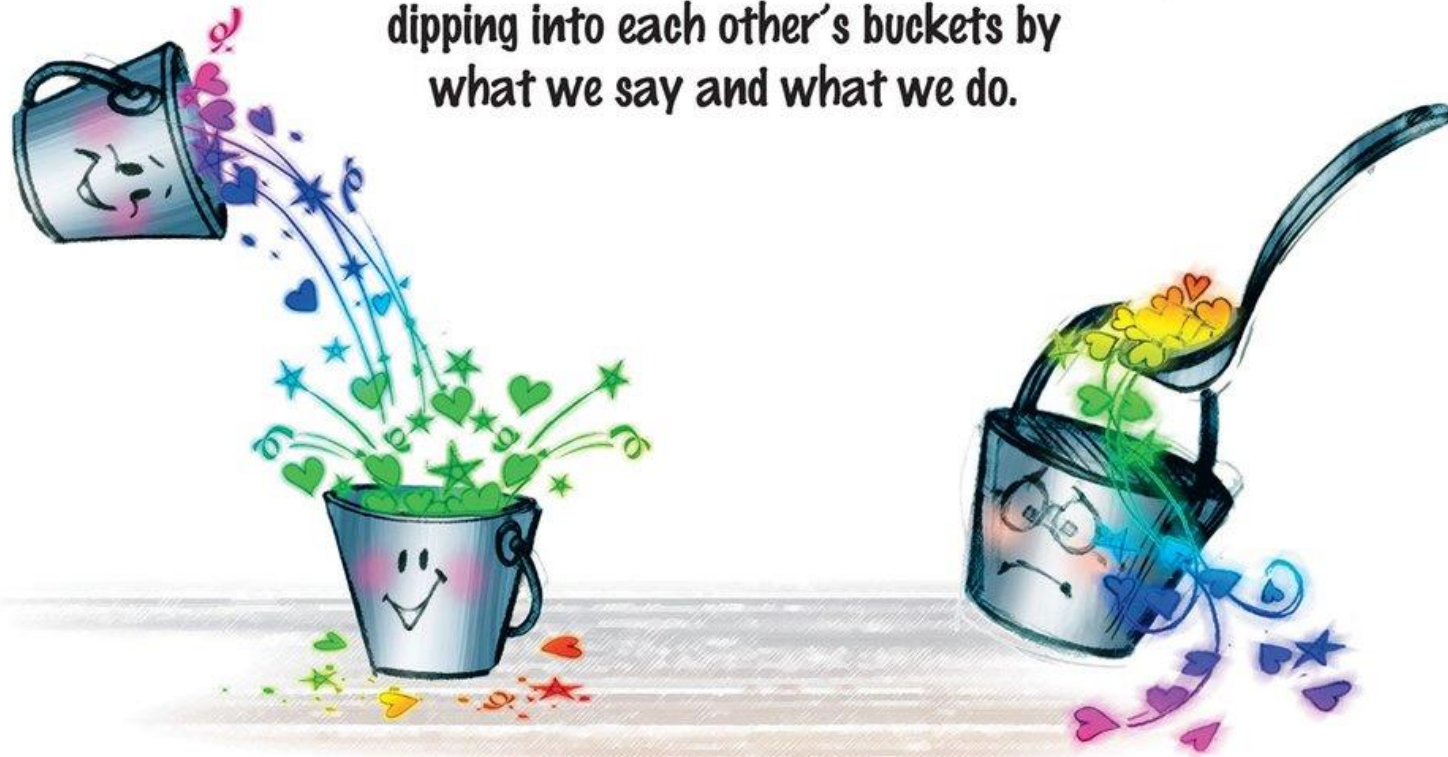
**Other people can fill your bucket and you can fill theirs.  
You can fill your own bucket, too.  
So, how do you fill a bucket?**

*You fill a bucket when you show love to someone, when you say  
or do something kind, or even when you give someone a smile.*



**That's being a bucket filler.**

All day long, we are either filling up or dipping into each other's buckets by what we say and what we do.



Try to fill a bucket and see what happens.

**But, you can also dip into a bucket and take out some good feelings.  
You dip into a bucket when you make fun of someone, when you  
say or do mean things, or even when you ignore someone.**



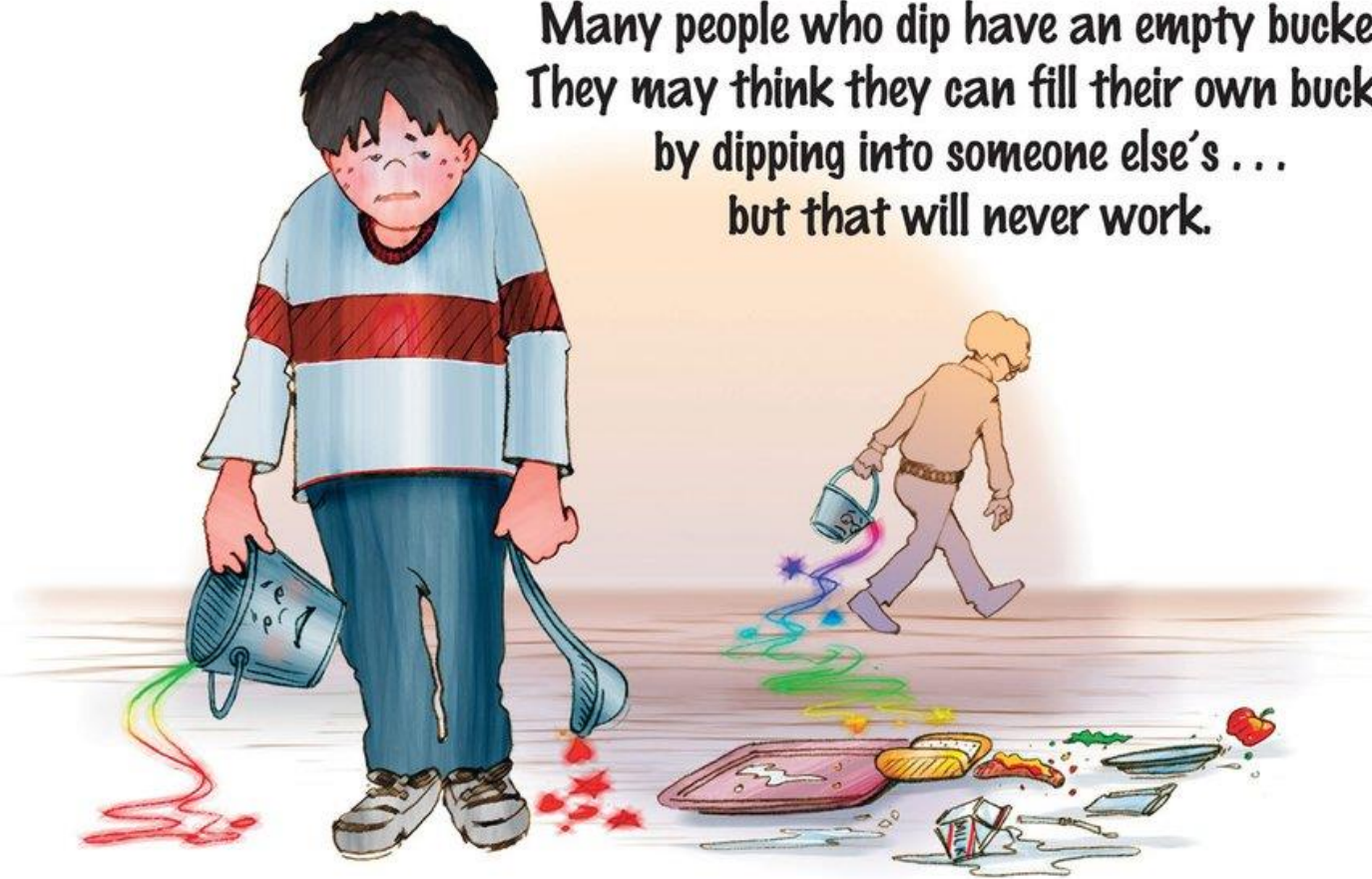
**That's bucket dipping.**

**Bullying is bucket dipping.**



**When you hurt others, you dip into their bucket.  
You will dip into your own bucket, too.**

Many people who dip have an empty bucket.  
They may think they can fill their own bucket  
by dipping into someone else's . . .  
but that will never work.



You never fill your own bucket when you dip into someone else's.

**You love your mom and dad. Why not tell them you love them?  
You can even tell them why.**



**Your caring words will fill their buckets with joy.**

Watch for smiles to light up their faces. You will feel like smiling, too.  
A smile is a good clue that you have filled a bucket.



**If you practice, you'll become a great bucket filler.**



**Just remember that everyone carries an invisible bucket,  
and think of what you can say or do to fill it.**



*You could invite the new kid at school to play with you.*

**You could tell your grandpa that you  
like spending time with him.**



**There are many ways  
to fill a bucket.**

Bucket filling is fun and easy to do.  
It doesn't matter how young or old you are.  
It doesn't cost money.  
It doesn't take much time.

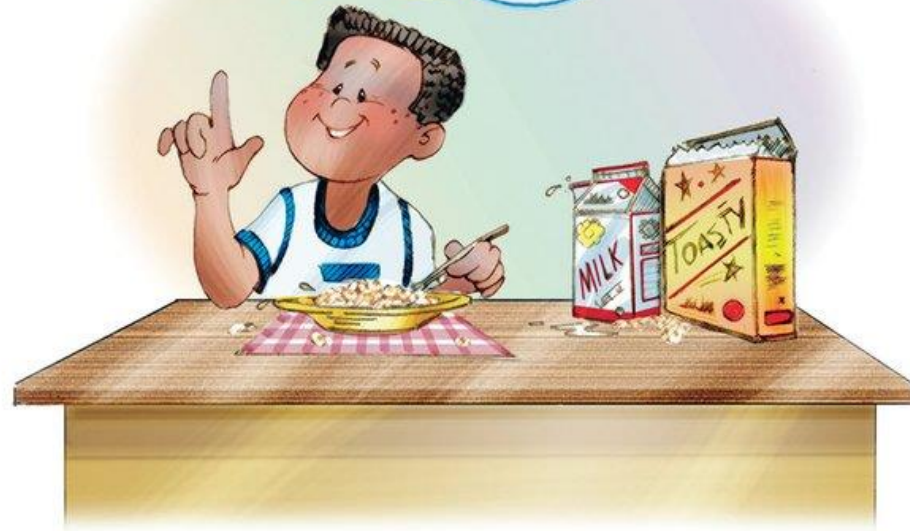


And remember, when you fill someone else's bucket,  
you fill your own bucket, too.

**So, why not decide to be a bucket filler today and every day?  
Just start each day by saying to yourself,**



**"I'm going to do something  
to fill someone's  
bucket today."**



And that's YOU!



# Filling Buckets...

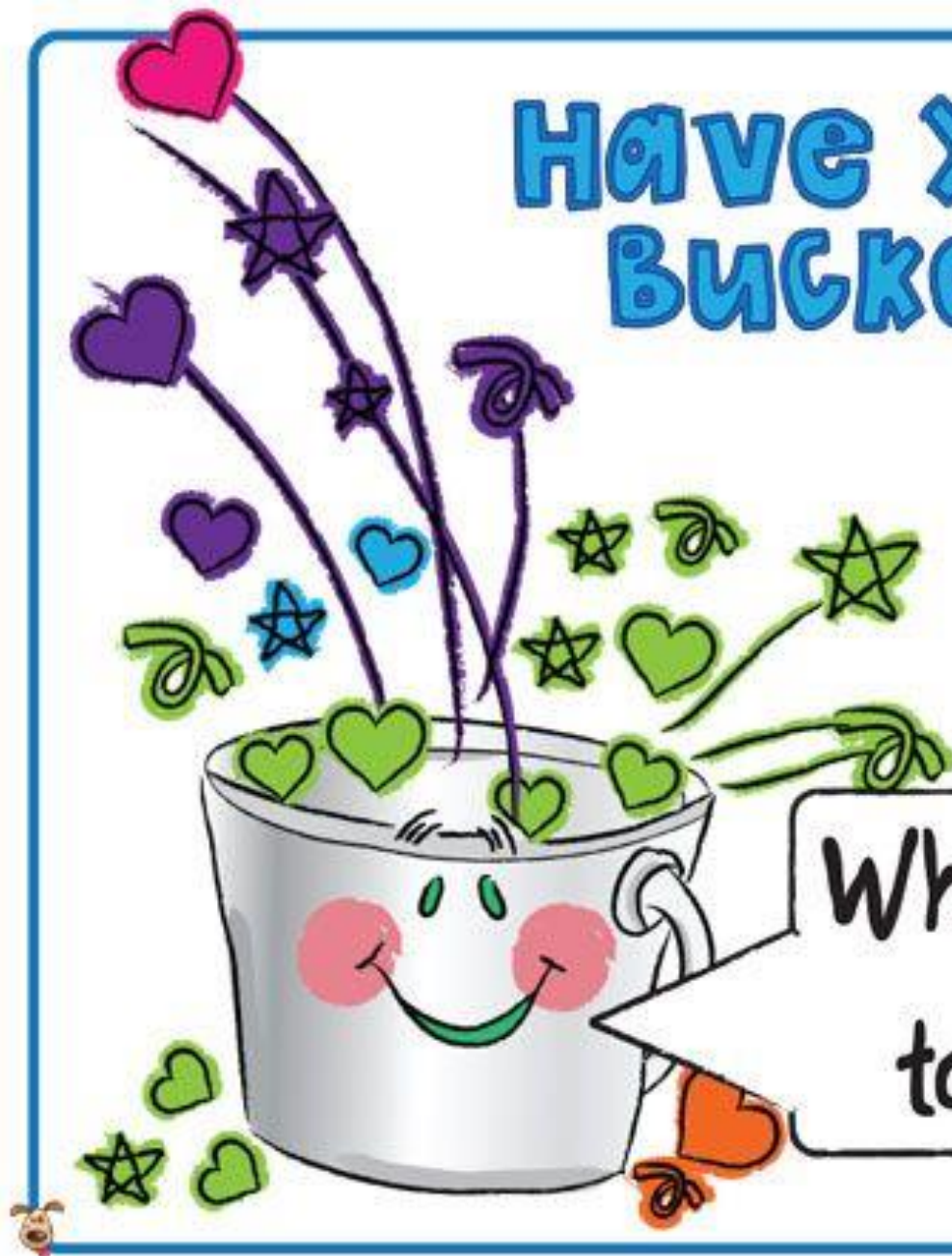
Guess what...when you fill someone's bucket, you fill your own bucket too!



You feel good when you help others feel good.



# HAVE YOU FILLED A BUCKET TODAY?



What could you do  
to fill a bucket?

# Have You Filled a Bucket Today?

Share

Smile

Listen

Help

Be Kind

Be Polite

Take Turns

Compliment

Include Others



# How Can You Be a Bucket-Filler?

Open the door for someone

Tell someone that they look pretty today

Share your snack with someone

Sharpen someone's pencil for them

Help your partner

Pick up someone's backpack (or other belongings)

Help someone do their job

Ask someone to play with you on the playground

Clean up without being asked

Clean up even though you didn't make the mess

Make sure someone is feeling okay

Give a compliment to a kid or an adult

Make a toy or something else for someone at school

Hold the door for someone with their hands full

Smile at someone you don't know

Be extra helpful to teachers or other adults

Offer to help someone who appears to be struggling

Tell someone you like their work

Treat others the way you would like to be treated

**Try to fill a bucket EVERY DAY!**

