

# *Have You Filled a Bucket Today?*



*Have You Filled a Bucket Today?* Explains to children that we all carry an invisible bucket in which we keep our feelings about ourselves. When our buckets are full, we are happy; when they are empty, we are sad. It's important to know that we can fill our own bucket and so can others. We can also dip into it.



## **WHAT ARE BUCKET FILLERS?**

**"BUCKET FILLERS"** are those who help without being asked, give hugs and compliments, and generally spread their love and good feelings to others. The simple metaphor of a bucket helps even preschoolers understand the importance of consideration and love.

**"BUCKET DIPPERS"** rob us of happy feelings by refusing to help with a task or by saying or doing cruel things. A bully is a bucket dipper.