

# Have You Filled a Bucket Today?



Winner of Eight Awards!

A Guide to  
Daily Happiness  
for Kids



By Carol McCloud . . . Illustrated by David Messing

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



You can't see it,  
but it's there.



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world  
walks around carrying an invisible bucket.



You can't see it,  
but it's there.



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



*Your grandparents, friends and neighbors all have a bucket.*



Everyone carries an invisible bucket.

Your bucket has one purpose only.



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

You feel very happy and good  
when your bucket is full.



You feel very sad and lonely  
When your bucket is empty.



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...



You need other people to fill your bucket  
and other people need you to fill theirs.  
So, how do you fill a bucket?

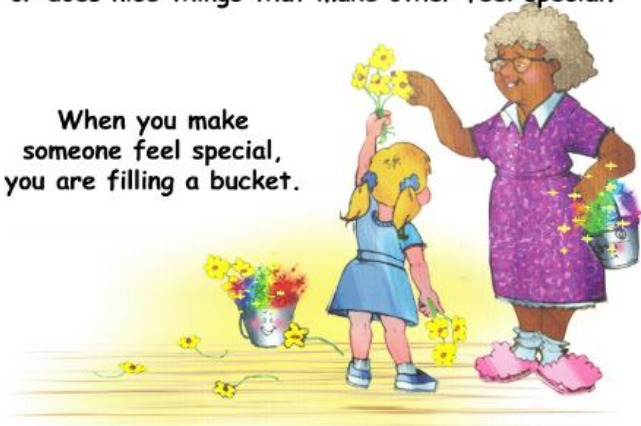
You fill a bucket when you show love to someone, when you say  
Or do something kind, or even when you give someone a smile.



That's being a bucket filler.

A bucket filler is a loving, caring person who says  
or does nice things that make other feel special.

When you make  
someone feel special,  
you are filling a bucket.



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 being a bucket dipper.

A bully is a bucket dipper.



A bucket dipper says or does mean things that make other feel bad.

Many bucket dippers have an empty bucket.  
They think that 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.

But guess what...  
When you fill someone's bucket,  
You fill your own bucket too!



You feel good when you help other feel good.

You feel very sad and lonely  
When your bucket is empty. 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.

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 right up.

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.

Here are some ideas for you.  
You could smile and say "Hi!" to the bus driver.



He has a bucket too.



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

You could write a thank-you note to your teacher.



You could tell your grandpa that you  
Like to spend 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 any money.  
It doesn't take much time.

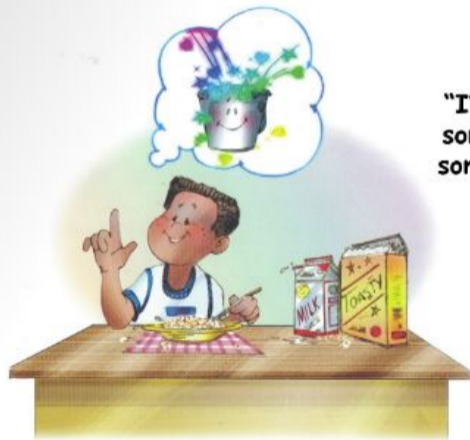


And remember, when you fill someone else's  
bucket, you fill your own bucket too.



When you're a bucket filler, you make your home,  
your school, and your neighborhood better places to  
be. Bucket filling makes everyone feel good.

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, at the end of each day, ask yourself, "Did I fill a bucket today?"



"Yes I did!" That's the life of a bucket filler...



And that's YOU!

