

Have You Filled a Bucket Today?

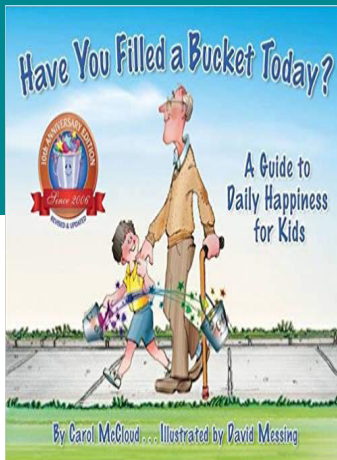
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Book Review

Have You Filled a Bucket Today?

Every person around the world has an invisible bucket that they carry around with them all day long. Your bucket holds the good thoughts and feelings that you have about yourself. When it is full, you're happy; when it is empty, you're sad. When you're kind and helpful to someone, you are helping to fill their bucket, as well as your own. When you're mean or hurtful, you're dipping into their bucket, and yours too. Bucket dipping won't make you happy. However, bucket filling is easy, doesn't take much time, doesn't have to cost money, and will help you be a happier person.

This book is written as a guide to daily happiness for kids. It illustrates the concept that our actions have an effect on other people. Reading this book together with children is a great opportunity to model this concept. Adults can take the opportunity right then to fill the child's bucket by expressing kind words to them. They can ask kids to think of things they can say or do to fill a bucket. They can also give examples of how they themselves have filled a bucket that day. Through daily encouragement, children will experience the joy that comes from helping others feel good.

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Illustrator

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Reviewer

Jazmin Gomez

Rating

Outstanding

Level

Preschool, Primary

Pages

32

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