

## WHAT IS A BUCKET FILLER?

Throughout the course of the school year students at Milne Grove will be practicing being bucket fillers! The concept of being a bucket filler comes from Carol McCloud's Book Have You Filled A Bucket Today? and stems around the idea that everyone carries around an invisible bucket. Throughout the day, this bucket is filled by the kind things that you do for others or that others do for you. However, the bucket can be dipped by unkind actions and words. A bucket filler is someone who shows positive character traits (kind, considerate, caring, respectful), but a bucket dipper is someone who is being mean or hurtful. When our buckets are full, we feel happy and when our buckets are empty we feel sad.



It is important that these concepts are carried over into student's home lives.

You can help your student to be a bucket filler by discussing their actions, motivations, and emotions with them. Becoming self-aware and understanding their own positive or negative impact on others will help your child begin to regulate his or her own actions and emotions. You can praise your student at home when they do something that fills your bucket or someone else's bucket. You can support your child through loving discipline when they dip. With your help, our school can teach students about building and maintaining strong relationships.

For further information:

Story: Have You Filled a Bucket Today? By: Carol McCloud

Website: [www.bucketfillers101.com](http://www.bucketfillers101.com)