



Dear Parents

Has your child come home saying they are a bucket filler or that someone helped fill their bucket? You may be wondering what that means. We've read the story, "Have you Filled a Bucket Today" by Carol McCloud and adopted it for our classroom.

The book explains to children that we all carry an invisible bucket in which we keep our feelings about ourselves. When our buckets get filled, we are happy. However, when they are emptied, it makes us sad. It's important to know that we can fill our own bucket and so can others. The best way to fill up our own bucket is by doing things to fill the buckets of others.

The way to fill a bucket is to be kind to someone. We are all responsible for filling others' buckets, and we are also responsible for filling our own buckets. A smile or a compliment is an excellent way to fill someone's bucket. An added benefit of filling someone else's bucket is that it makes us feel good as well. This is how we can fill our own buckets. On the other hand a person can dip into your bucket by being unkind. This person dips into our bucket and can make us feel sad, emptying out our buckets a bit. Being unkind to someone never makes us feel good about ourselves, so when we're unkind we dip into our own buckets as well. We all strive to be bucket fillers and make sure our classmates' buckets stay full.

Hopefully, this explanation has helped you understand our classroom of bucket fillers ☺. Every day, the students will be encouraged to be bucket fillers, both in school and at home.

Sincerely,
Mrs. Deese-Goodman