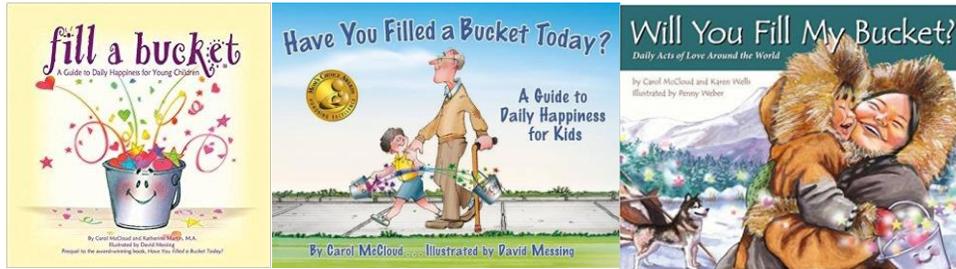


## Story Time at Home: *Have You Filled a Bucket Today?* By Carol McCloud



Every person, young and old, carries around an invisible bucket each day. The bucket represents their mental and emotional health. It holds all of the love and happiness they receive. When your child is happy, their bucket is full. When your child is feeling down, their bucket is empty. It is good to have a full bucket!

Kind words, love, cuddles, hugs and kisses, laughing, and playing helps to fill your child's bucket. When you provide loving attention, safety and care you are a *bucket filler*.

As your child grows, they must be taught to love others. They can be bucket fillers by being kind and caring toward others. This, in turn, fills their bucket too. Being unkind through words and actions dips into the buckets of others—you are being a *bucket dipper*.

**Suggested Craft:** Design a family bucket! You and your child can decorate a bucket, meant especially to share the love, happiness and positive feelings within your family.

Each time you, your child, or another family member shows love and kindness, write it down and place it in the bucket. At the end of the day, you can look through all the feel good moments in your bucket together talking about the importance of being bucket fillers.

### **Things to Remember:**

- 🪸 Be a bucket filler! Kind words, gestures, and actions fill buckets.
- 🪸 Be conscious when being a bucket dipper—it happens, but always being aware of the time and attention you give your children and the importance of that for their developing self-esteem.
- 🪸 Simple gestures of kindness can build self-esteem in yourself, your child, and others.
- 🪸 Gestures of kindness are important in healthy relationships.
- 🪸 With a full bucket, your child can feel loved and secure.

Adapted from *Handle with Care – Promoting the Mental Health in Young Children*



# We Are Bucket Fillers!

