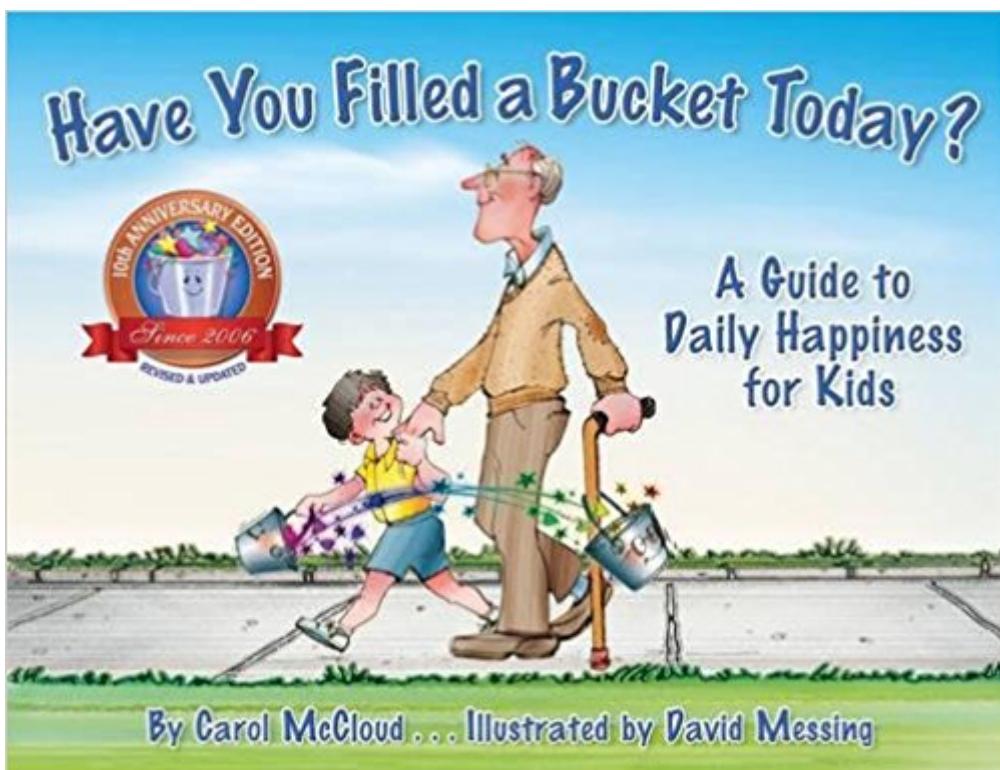


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# Have You Filled A Bucket Today?: A Guide To Daily Happiness For Kids



## Synopsis

For more information on bucket filling and free downloadables and resources, visit [bucketfillers101.com](http://bucketfillers101.com). This heartwarming book encourages positive behavior by using the concept of an invisible bucket to show children how easy and rewarding it is to express kindness, appreciation and love by "filling buckets." Updated and revised, this 10th anniversary edition will help readers better understand that "bucket dipping" is a negative behavior, not a permanent label. It also explains that it's possible to fill or dip into our own buckets. Winner of Twenty-One Awards: 2016 - Gold, Children's Picture Books, Mom's Choice Awards 2016 - Winner, Children's Books, Great Southwest Book Festival 2016 - Runner-up, Children's Books, Great Southeast Book Festival 2016 - Runner-up, Children's Picture Books: Ages 4-7, Florida Authors & Publishers Awards 2016 - Honorable Mention, Children's Books, Pacific Rim Book Festival 2016 - Gold, Children's - Non-fiction, Reader's Favorite Award Contest 2016 - Runner-up, Children's Books, Florida Book Festival 2016 - Honorable Mention, Children's Books, Los Angeles Book Festival 2016 - Honorable Mention, Children's Books, Great Northwest Book Festival 2016 - Winner, Children's Books, Amsterdam Book Festival 2016 - Honorable Mention, Children's Books, Paris Book Festival 2016 - Honorable Mention, Children's Books, San Francisco Book Festival 2016 - Winner, Children's Books, Beach Book Festival 2016 - Honorable Mention, Children's Books, New York Book Festival 2016 - Honorable Mention, Children's Books, Green Book Festival 2016 - Honorable Mention, Children's Books, Hollywood Book Festival 2017 - Winner, For the Family Books, Teacher's Choice Awards 2016 - Bronze, Children's Picture Books, Living Now Book Awards 2016 - Honorable Mention, Children's Books, Southern California Book Festival 2016 - Runner-up, Children's Books, Great Midwest Book Festival 2016 - Winner, Children's Picture Books: Softcover - Non-Fiction, USA Best Book Awards (First Edition: Winner of Sixteen Awards and One Additional Honor)

## Book Information

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Age Range: 4 - 9 years

Grade Level: Preschool - 4

## Customer Reviews

This book was first published in 2006 to teach young children, primarily ages 4-9, how to be bucketfillers. Since then, bucket filling has spread around the world to help millions of people of all ages have happier and more rewarding lives. In this revised and updated edition, the verbs "bucket dipping" and "bullying" have replaced the nouns "bucket dipper" and "bully" to help readers understand that "bucket dipping" and "bullying" are negative behaviors (what we are doing) and not permanent labels (who we are). Readers will also learn that you can fill or dip into your own bucket. I first learned about bucket filling in a seminar for early childhood educators in the 1990s. The speaker, a brain research expert, said it is helpful to think of every person as being born with an invisible bucket. The bucket represents a person's mental and emotional health. You can't see the bucket, but it's there. She said that it is primarily the responsibility of parents and other caregivers to fill a child's bucket. When you hold, caress, nurture, touch, sing, play, and provide loving attention, safety, and care, you fill a child's bucket. Giving that love is filling buckets. In addition to being loved, children must also be taught how to love others. Children who learn how to express kindness and love lead happier lives. When you care about others and show that love by what you say and do, you feel good and you fill your own bucket, too. As you read this book with children, use it as an opportunity to model this concept by filling their buckets. Tell them why they are special to you. Help them imagine whose bucket they might fill and what they could say or do to fill a bucket. Tell them whose bucket you filled that day. Practice with them to become daily bucket fillers. Very quickly they will experience the pride and joy of filling buckets. Learn more about bucket filling through our website, [bucketfillers101.com](http://bucketfillers101.com), and be sure to sign up for our free e-newsletter, BUCKET FILLOSOPHY 101. Keep filling buckets and your bucket will always be full. ☺ ☺ ☺ ☺ ☺

N/A

I found this book in a local bookstore where someone had left it on top of other non-related books. I flipped through it quickly and the messages I saw and the beautiful illustrations led me to make it an impulse buy. When I read it to my daughter that evening, however, I found a major flaw in its premise. The book does a great job of creating the bucket analogy, but blatantly states that you need "others to fill your bucket". While it does circle back around to explain that filling the bucket of others (i.e. by being kind, helpful, etc.) can help fill the child's own bucket, I think it misses an important point - kids can fill their own buckets! Unlike other reviewers, I didn't feel like it created co-dependence, but I do think it gives the message that a child needs the affirmation of others to have a full bucket. There is no mention of talking nicely to and about themselves, appreciating what they have, expressing gratitude for what they have, recognizing their own strengths and skills, seeing the beauty within themselves - all of which fill their own buckets. I don't believe that one book will define a child, but this book certainly does loosely make the case for being approval and praise junkies - not a message I want my kid to take away from a book. It would have been a far better book if it had included the ways you can fill your own bucket, because there are times in life when that is the only way your bucket is going to get filled. And it would be a far better skill to have than waiting around for someone else to fill your bucket!! Personally, I told my daughter flat out that the author made a mistake and we discussed all the ways one can fill their own bucket. Because of the beautiful illustrations and the springboard for the discussion, I left it at three stars. But I would not recommend this book to any parent unless they are willing to have more in-depth conversation about it.

A friend recommended this book to us, and I'm so happy we got it. Great lesson! Easy for my kids (3.5 and 5) to understand. They implemented the lessons immediately, helping others and talking about how it makes their friends and themselves feel better. We routinely talk about what they did to be "bucket fillers" each day. This is a fantastic book. I recommend it!

This book has been working wonderfully in my pre-k classroom. It took a little while for the children in my class to understand how to be bucket fillers. We incorporated using bucket filler tickets into my classroom and the kids have been going up and beyond to help each other out, there are others in my class that are not interested in the bucket filler tickets and continue to dip from the other kids buckets. I have tried several different things to make them feel as if they are really taking from other peoples' buckets. I have been drawing a bucket on our small dry erase board on our wall and giving

it a happy face or sad face based off how they are treating each other. We have been using more and more bucket filler language in our classroom and it has changed how the children in my class work together in just the few short weeks we have been doing this in my classroom. I borrowed this book from another teacher and read it to my class and they often need reminders so I bought my own copy and read it to the kids at least once a week to help incorporate the bucket filling approach with the kids.

What a sweet book! It is a simple concept and the book is so focused as to be almost repetitive, but my kindergartner ate it up and was delighted to have this metaphor. He overflowed with verbal affection all night and the morning after, and responded to our kind actions and words with appreciation of us "filling his bucket." It's lovely!

I would recommend this book for baby gifts or any holiday gift! One of my favorite books for kids to read to kids and adults to read to kids or kids to adults. Message is simple, but very inspirational. My grandsons have fun asking parents if "that filled their bucket?" when they did a positive gesture of love! I will buy it again and again!

We love this book! It has a great message for young and old alike! The premise is simple, that everyone has an invisible bucket and when we come into contact with people we either add to their bucket or take away and deplete it. As parents we find ourselves asking our children, "What's a way you can add to (that) person's bucket?" and they know what we're talking about! I can't encourage it enough.

I love that my kids come home from school saying "mom, I filled 3 peoples buckets today. Oh, there's another one of my friends, I'm gonna go fill her bucket, I'll be right back." It teaches the value in just being a good person, and how that build up others, and yourself in the process. The invisible bucket is a genius illustration! My 3 and 5 year old totally got it!

I've had this book on my son's wishlist for years now. I finally ordered it and wish I would have done it much sooner! My kids (ages 4 & 6) both really enjoy this book. My 6 year old really loves the concept of filling other peoples buckets and having his own bucket filled. He will catch my attention and give me a big goofy grin and then ask "Mom, did I fill your bucket??!" Or when his sister does something nice for him he will say "that was so nice of you to fill my bucket". I love the concept of

building people up and thus filling their buckets. I wish there was more talk about how you can fill your own bucket as well rather than rely on others to fill your bucket. However, this book does a great job of prompting this type of conversation with your kids.

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