



# Have You Filled a Bucket Today?: A Guide to Daily Happiness for Kids

*Carol McCloud , David Messing (Illustrations)*

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"Children are not the only ones that need to learn how to be truly happy. It's all in the bucket, that invisible bucket that follows you everywhere... teaches young readers valuable lessons about giving, sharing, and caring. This guide to daily happiness, though, is not just for kids. We all need reminders of the benefits of positive thinking and positive behavior. It's an important lesson to teach and remind us all . . . that showing kindness and appreciation of others goes a long way to making this world a happier place for everyone, including ourselves. A classic tale, beautifully told and beautifully shared." —Emily-Jane Hills Orford, *Readers' Favorite Book Reviews*

While using a simple metaphor of a bucket and a dipper, author Carol McCloud illustrates that when we choose to be kind, we not only fill the buckets of those around us, but also fill our OWN bucket! Conversely, when we choose to say or do mean things, we are dipping into buckets. All day long, we are either filling up or dipping into each other's buckets by what we say and what we do. When you're a bucket filler, you make the world a better place to be! This 32-page picture book is perfect for children, parents, grandparents, teachers and people that want to teach empathy, nurture kindness and create a positive environment in their home, classroom, workplace and community.

For more information on bucket filling or free downloadables and resources, please visit [www.bucketfillers101.com](http://www.bucketfillers101.com).

### Publications by Bucket Fillers:

- Have You Filled a Bucket Today?
- Fill a Bucket
- Growing Up with a Bucket Full of Happiness
- My Bucketfilling Journal
- Will You Fill My Bucket?
- Bucket Filling from A to Z
- Bucket Filling from A to Z Poster Set
- My Very Own Bucket Filling from A to Z Coloring Book
- BABY'S BUCKET Book
- Halle and Tiger with their Bucketfilling Family
- Buckets, Dippers, and Lids

## **Have You Filled a Bucket Today?: A Guide to Daily Happiness for Kids Details**

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## **From Reader Review Have You Filled a Bucket Today?: A Guide to Daily Happiness for Kids for online ebook**

### **Vernon Area Public Library KIDS says**

Recommended for children of all ages. This colorful, simple book shares a beautiful message. Everyone throughout the world carries with them "a bucket". In that bucket we carry all of our good feelings and thoughts about ourselves. Other people fill our bucket when they say and do nice things. And we can do the same for other people. Kids are encouraged not to be "bucket dippers". Bucket Dippers try to fill up their own empty buckets by dipping into other people's buckets by being mean and bullying others. But try as they might, Bucket Dippers can't fill their bucket by taking out the happiness out of other people's buckets. With great suggestions of ways that we can fill the buckets of other people, everyday, this is a great book to teach children compassion and kindness. Let's all try to be bucket-filers!

Review by Lisa Coleman, Youth Services, Vernon Area Public Library

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### **Kristle Pipgras says**

Such an adorable book that really helps children and adults alike learn to be a bucket filler. If you have children, are a teacher, or generally have a difficult time finding reasons to be kind in life, you should read this book.

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### **Ezekiel says**

For a book all about helping others and treating others with respect, it sure is messed up that people with disabilities and people of color are primarily shown as the people who need "help" and support. The "you" is almost always a white kid, and the initial picture at the beginning setting up how everyone in the world has a "bucket" is super tokenizing.

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### **Allison says**

This book shapes our classroom philosophy! We always talk about being bucket fillers to others (and ourselves). This book shows children how they can express feelings, show respect for other people, and give of themselves. I have also heard of this book being read to help children learning about friendships have more success with peers.

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### **Jessica says**

I dislike this book so much! I get that it's a response to bullying and the message is meant to teach children to get along with one another...but let's step back into reality for just a minute. Emotions and feelings come in

both the good and bad variety...sometimes others actions affect how we feel. I can be sad and still have a "full bucket" ...I can be happy and have an "empty bucket" on a deeper level. We should be nice and helpful but sometimes we will have a bad day...and all of my emotions/feelings requires zero buckets imaginary or otherwise.

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### **Gwyneth Carson says**

"Have You Filled a Bucket Today?" by Carol McCloud and David Messing. After reading this book to my class they have adopted all that it stands for. I hear...more  
"Have You Filled a Bucket Today?" by Carol McCloud and David Messing. After reading this book to my class they have adopted all that it stands for. I hear my second graders saying "Not me, I'm a bucket filler not a bucket dipper!" I have even brought in a bucket that sits on a book shelf where my students can write quick notes of good deeds they have done which makes them a bucket filler. No one wants to be a bucket dipper in my class. The students have made their own bucket filler and bucket dipper books to help guide them to know the difference. This book is a must have for the teacher who needs a little extra support in classroom management.

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### **Cheri Ragland says**

"Have You Filled Your Bucket Today?" is a book about feelings and making the right choices. This book is a simple guide for children to share and learn good thoughts and good feelings. The book uses an invisible bucket, that everyone has, to help illustrate how to fill your bucket and how you would feel with your bucket full. In contrast, it speaks of a bucket dipper and how that feels when you become a bucket dipper. For example, the author writes, "A bucket dipper says or does mean things that make others feel bad". Carol McCloud does an excellent job of illustrating through pictures with vivid colors and allows any age group to benefit from the moral of the book. She also uses repetition throughout the book, giving the reader an ability to learn how to read. When I read this book, I enjoyed the pictures relating to the story. I appreciated the diversity of the book as well. It was truly a "Guide to Daily Happiness for kids". As a teacher, I would read this book on the first day of school to help children understand that we all have feelings and we need to treat everyone with the same respect we would want from them. It would allow for a lot of engagement and activities throughout the school year that would help advance children in their values of themselves and one another.

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### **Krista the Krazy Kataloguer says**

I LOVE this book!! What a simple concept, and easy to visualize, to encourage kids to be kind to one another, and thereby make themselves happy as well. I've got to order this for my library. Outstanding for the young, and a nice reminder for older readers. Highly recommended!!

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### **Alison Strandell says**

What a great message that all humans walk around with an invisible bucket, and it is our job to "fill" people's

buckets through positivity and kindness.

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### **Deb says**

This is not a story really. It's sort of like non-fiction for kids. Any book that makes me super emotional in a good way gets five stars. Yes, it teaches and preaches, but today that worked for me. The metaphor that we all have buckets that need filling is not new, but it is explained well in this book. The book gives good suggestions too. It all rings true to me. I like the illustrations too. I would recommend this book.

A bit later: I just told my daughter who is a second grade teacher about this book. She said, "I just read that book at school today!" Apparently, the school where she teaches had all the teachers read a couple of pages of the book and recorded it on camera. They are making a video to show the students in the school. That just makes me happy.

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### **Robyn says**

I borrowed this book from my son's elementary school library (where I volunteer weekly) after learning about the author at an anti-bullying workshop the school held. I was looking for *Growing Up with a Bucket Full of Happiness: Three Rules for a Happier Life* but our library didn't have it (eventually I ordered it for the library). They did have this title instead. I pre-read any book that I read to my children to make sure it's appropriate and this book has a really good message. It teaches children to be nice to others and when they are nice to others they will not only fill their own invisible bucket but they will fill others buckets as well. I definitely will be reading this book to my kids and hope that they will grow up to be bucket fillers and not bucket dippers. It's a great book with illustrations appropriate for kids. I definitely want to pick up my own copy of this book for our household library.

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### **Vera Godley says**

In *Have You Filled A Bucket Today?* basically takes you through the gentle procedure of filling buckets and finding happiness in doing so. The text is short and to the point giving a variety of activities and instances in which you can share happiness and joy in filling buckets. The illustrations by David Messing are really cute and engaging.

I received a complimentary copy to facilitate a review of my honest opinion and was not compensated.

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### **Sandy says**

Normally I wouldn't add a children's book to my list, but here's an exception. I was so impressed by this book when I first saw it that I went out and bought it for a future child I might have (whenever that may happen)! The story line makes it very easy for a young child to learn the difference between doing good and doing bad with the use of an invisible bucket that 'everyone in the world carries with them.' When you do good things you fill the buckets of others and your own. When you do bad things you take away from the

bucket of others and your own.

I've told all the teachers I know about this book because it screams "use me as a little lesson plan!" A teacher could have all of her children make little buckets out of construction paper and post them up on a bulletin board or wall. Then throughout the year as each child does something good he or she could get a sticker to add to his or her bucket (or taken away if they act in an unkind way). The book ends asking the child if they've filled a bucket today. At the end of the year the teacher would be able to ask the children if they had filled their buckets that year or should work on it and try harder next year.

I think this book is fantastic!!!!

## Grichel says

A must to read book to children to teach them how to be part of their community in a positive loving way. Its message is really powerful and very, very easy to understand in the way that it is presented. Children and parents can realize how easy and rewarding it is to express love and kindness with everybody around them. High quality book. The illustrations are very vivid and colorful. Multicultural. Ages 4-10.

A Mae says

Hey Caroline,  
That book was  
awesome!!!!!!  
!!!!!!  
!!!!!!