

# Growing Up With a Bucket Full of Happiness by: Carol McCloud

**Key Idea:** Everyone has an invisible bucket. It holds all of your good thoughts and happy feelings.

# 3

**Rules  
to  
Live  
By**

## BE KIND

- Be a "bucket filler." Every time you do or say something caring or thoughtful, you add good thoughts and feelings to someone's bucket.
- When you fill someone else's bucket, you fill your own and the more you fill, the quicker yours fills up.
- Hang out with bucket fillers. It is easier to have a full bucket and to fill up buckets, when you spend time with bucket fillers.
- Bucket filling is like laughter, it's contagious.
- Good friends fill your bucket. To have good friends, you must BE a good friend!
- Special acts of kindness
- Being outdoors fills your bucket
- Doing your best
- Filling your own bucket

## DON'T BE A BUCKET DIPPER

- Don't be mean (some people dip a lot, others only occasionally: we all do it!)
- Law of dipping: when you dip into someone else's bucket, you are also dipping into your own. The more you dip, the emptier your bucket becomes.
- Avoid dipping by calming down before speaking or acting.
- It's not just words that dip, but also actions and behaviors, or how you say something.
- Offer a sincere apology.
- Talk about your bucket
- Beware of accidental dipping
- Do not participate in group dipping
- Watch for dipping on TV and in movies.
- Long-handed dipping = through the internet or social media and email.
- Dipping into your own bucket

## USE YOUR LID

- Protect your bucket!



