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.

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

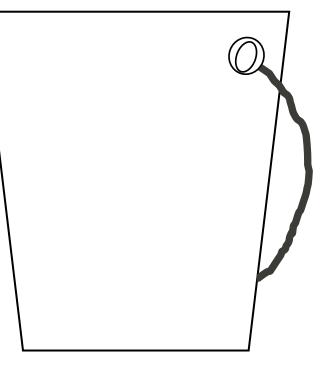
DON'T BE A BUCKET DIPPER

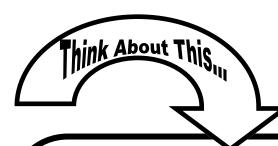
- Don't be mean (some people dip a lot, others only occasionally: we all do it!)
- Law of dipping: when you dip into someone else's bucket, you are also dipping into your own. The more you dip, the emptier your bucket becomes.
- Avoid dipping by calming down before speaking or acting.
- It's not just words that dip, but also actions and behaviors, or <u>how</u> 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-handled dipping = through the internet or social media and email.
- Dipping into your own bucket

Use Your Lid

Protect your bucket!







FACTS OF LIVING

Some people will be your good friends, and some will not.

Sometimes even good friends and family will let you down. Sometimes you'll let them down too.

Sometimes you'll make the team, and sometimes you won't.

Sometimes you'll win, and sometimes you'll lose.

Some people won't like you back.

Sometimes you'll work hard and get a good grade, and sometimes you'll work hard and not get a good grade.

Some people will judge you even before they get to know you.

Some people will say or do things that hurt you very much.

Some things in life are just not fair.

No one gets to choose the body or talents they are born with, only what they do with them. Think about one of the "Facts of Life" statements and then write about how you have experienced one of them in your life.

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