



Helping people of all ages live happier lives by growing in kindness, self-control, resilience, and forgiveness.

Dear Parent(s) or Guardian(s):

We have enjoyed teaching the bucketfilling message of kindness, respect, self-control and resilience to your students and the school's staff! The staff at your student's school is excited to use the concept of "bucket filling" to enhance your school's character-building program.

The bucketfilling concept is simple: Each of us carries an invisible bucket, which holds our good thoughts and feelings. When our bucket is full, we feel happy; when our bucket is empty, we feel sad.

We "fill" buckets when we are kind, caring and respectful. We "dip" into buckets when we are unkind, mean or disrespectful. Bucket dipping can rob us of happy feelings, especially if we don't understand that bucket dipping most often starts when someone's bucket is less than full. Children quickly understand that their actions and words can either fill or dip into a bucket.

Your school's goal is to create a "bucketfilling school" where all students and staff strive to be daily bucket fillers. To keep the concept going, they will use one or more of our children's books:

- *Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids (Ages 4 - 9)*
- *Fill a Bucket: A Guide to Daily Happiness for Young Children (Ages Birth - 7)*
- *Growing Up with a Bucket Full of Happiness: Three Rules for a Happier Life (Ages 9 and Up)*
- *Will You Fill My Bucket? Daily Acts of Love around the World (Ages Birth - 9)*
- *Bucket Filling from A to Z: The Key to Being Happy (Ages 4 - 9)*
- *Buckets, Dippers, and Lids: Secrets to Your Happiness (Ages 7 and Up)*

To learn more about bucket filling and sign-up for our free e-newsletter, visit our website at: [bucketfillers101.com](http://bucketfillers101.com).

As always, keep filling buckets,

*The Bucket Fillers Team*