



## Paying it forward

By Carol McCloud

Because our Bucket Fillers team witnesses and experiences many acts of bucket filling, we usually open our team meetings with a question, "What has filled your bucket since our last meeting?" We then share uplifting and heartwarming stories and realize just how blessed we are.

My contribution to our last exchange was the *Local Hero* story in *Family Circle* magazine's February 2012 issue. I had heard about an amazing little bucket filler last year and have actually been in contact with her, and to read her story in a popular family magazine really filled my bucket to the brim.

Three years ago young Rachel Harris, who lives in northern Virginia, was six years old and attending kindergarten. One day her mother, Jen Sterling, collected her daughter from school and on the drive home, she heard Rachel announce from the back seat that she wanted to be a "boss" and help kids when she grew up; she wanted to be a bucket filler.

As Jen, an entrepreneur, listened to her daughter, she realized that this was a wonderful opportunity to do something together with her daughter to help children. So, at age six, with her mother's help, Rachel founded the nonprofit organization called **Let's Help Kids (LHK)**.

What inspired Rachel's pronouncement that she was going to help kids when she grew up? the "Family Circle's" article explains that this little six-year-old got her idea "from a book that Rachel read in her kindergarten class, *Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids*. Rachel wanted to be in charge of some of that filling, and her mom was thrilled to help her make it happen."

Initially, the family launched **Let's Help Kids** with their own money, but support now comes from word-of-mouth donations, grants, and fundraising. With an all-volunteer board, they are determined to put 100% of funds into helping kids.

Since 2009, Rachel has been directly involved in the daily operation of LHK. She selects the gifts, speaks to local groups, and helps to raise money. The foundation's goal is to fill the buckets of kids who can't afford some of the things that represent childhood: Halloween costumes, summer camps, bicycles, soccer balls, and a bass violin are just a few of the ways in which **LHK** has filled buckets.

Rachel's quote on their website captures Rachel's philosophy, "I started **Let's Help Kids** so that I could help other kids to be happy. If I 'fill their buckets' then they will, in turn, fill other people's buckets. Pay it forward!"

To learn more about **Let's Help Kids**, make a donation, and watch a bucketfilling video of Rachel as she explains how her company makes her happy and kids happy, go to [LetsHelpKids.org](http://LetsHelpKids.org).



Rachel Harris

### Making a Difference

### Congratulations Carol!

Total appearances by the  
**Bucket Fillers Team**  
September 2006 to January 2012  
Sessions: 2,186  
Attendance: 330,000

**Carol Daily**, a teacher in Lanesborough Elementary School, Lanesborough, Massachusetts, is our bucket filler of the week. You have a book coming your way. Every bucket filler is a winner. Encourage your friends to get their buckets filled by subscribing to our free e-newsletter at [www.bucketfillers101.com](http://www.bucketfillers101.com)

### Words of Wisdom

**"Life is like a coin. You can spend it anyway you wish, but you only spend it once."** — Lillian Dickson, missionary

\* Visit our website for a complete list of bucketfilling schools and organizations.

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