



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

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*Have You Filled a Bucket Today* is a great introduction of self-awareness and feelings for young students.

## READ

**Before:** Introduce the book and tell the children a little bit about it. Follow with a comment or question that is related to the story such as, *what do you think this story is about?* Encourage a discussion so the children can comment, ask questions, and express their feelings. Set the stage for listening by asking an “I wonder” statement based on the cover illustration.

I wonder why that little boy is smiling so big?

**During:** Encourage the children to comment on the illustrations, ask questions and predict what will happen next in the story. Children gain confidence and a sense of achievement through being able to correctly predict how a story will end. Point out “rare words” (e.g., those words that are not commonly used in every day conversation) and help the children relate the meaning in a way that makes sense to them.

### Rare Words

- invisible – impossible to see
- purpose – the reason why something is done
- respect – a feeling of admiring someone or something that is good, valuable or important
- ignore – to refuse to show that you hear or see something or someone
- practice – to do something again and again in order to become better at it
- invite – to ask someone to go somewhere or do something

**After:** Discuss the story. Ask questions...

- In our story, what does everyone in the world carry around?
- What is the purpose of our bucket?
- How do you feel when your bucket is full?
- How do you feel when your bucket is empty?
- How do we hurt others? How are we hurt?
- How do our buckets get full?
- What is a bucket filler? Who can be one?
- What happens when someone dips into your bucket?
- Is bullying bucket dipping or bucket filling?
- What are a few things you can do to fill someone’s bucket?
- What happens to our bucket when we fill someone else’s bucket?



## Be Kind to Our Feathered Friends Pine Cone Bird Feeder

Materials: Pine cones – (select pine cones that have larger openings to make it easier to coat with peanut butter)  
Peanut butter – any brand will work  
Butter knife or spatula  
Twine or string  
Bird seed

1. Cut a piece of twine for each pine cone. You want it long enough to tie to the top of the cone and then allow to hang down from the tree branch.
2. Tie the twine to the top of the cone securely.
3. Using a small butter knife or spatula, spread the peanut butter on and inside the open areas of the pine cone.
4. Pour some birdseed in a bowl larger than the cone and roll the peanut butter coated pine cone around. Shake off excess bird seed.
5. Hang feeders near a window so you can watch the birds enjoy their snack.