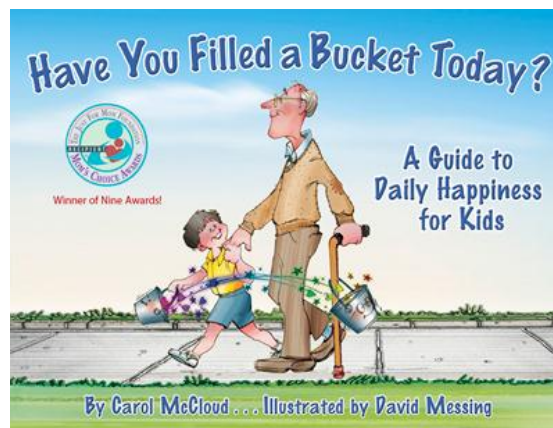


Be a Bucket Filler... at McIlvaine Early Childhood Center!



Many children at McIlvaine Early Childhood Center go home and talk about “bucket filling” and “bucket dipping.” This is a concept that is taught in all classrooms based on the children’s book *Have You Filled a Bucket Today?*



The premise of the book is that everyone has an invisible bucket and dipper. Our actions can do one of two things:

- cause people to be happy, which is bucket filling.
- cause people to be sad, which is bucket dipping.

A full bucket gives us a positive outlook, renews our energy, and supports our efforts. An empty bucket saps our energy, diminishes our outlook, and undermines our will. So we face a choice every moment of every day: we can fill one another's buckets, or we can dip from them. It's an important choice ~ one that profoundly influences our relationships, productivity, health, and happiness.



Encourage your “littlest rider” to be a bucket filler at home, at school, and at play.