

HOW FULL IS YOUR BUCKET? MY BUCKET BOOK

Level 1



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The Theory of the Dipper and the Bucket

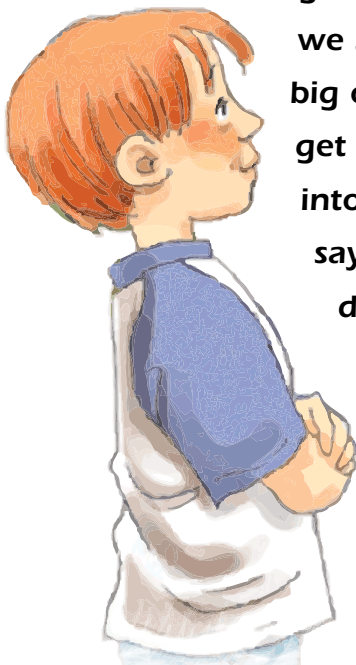
Each of us has an invisible bucket. It is constantly emptied or filled, depending on what others say or do to us. When our bucket is full, we feel great, and we are at our best. When it's empty, we feel awful.



Each of us also has an invisible dipper. Everything we say or do to other people can either fill or empty their buckets. We can help other people be happy and have a



good day by the things we say and do for them. Our actions, no matter how big or how small, affect other people. Sometimes, we get our dippers out and get them into other people's buckets — by saying or doing things that decrease their positive feelings.



A full bucket gives us a positive outlook and renewed energy. Every drop in that bucket makes us stronger and more optimistic.

An empty bucket poisons our outlook, saps our energy, and undermines our will. That's why every time someone dips from our bucket, it hurts us.



So we face a choice every moment of every day: We can fill one another's buckets, or we can dip from them. Dipping out of others' buckets doesn't make us feel any better, but for every drop we put in someone else's bucket, we add a drop in our own.

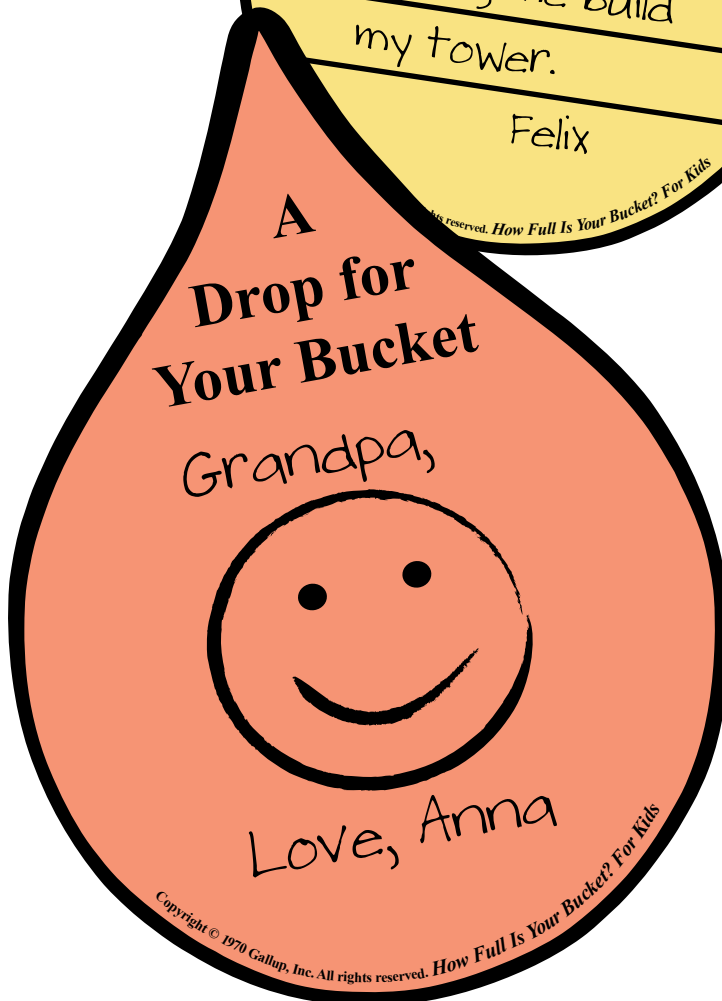
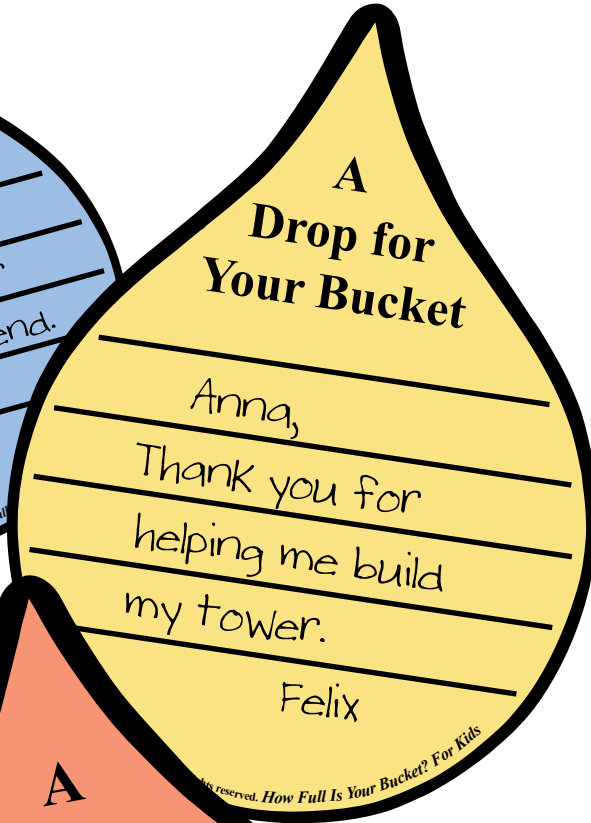
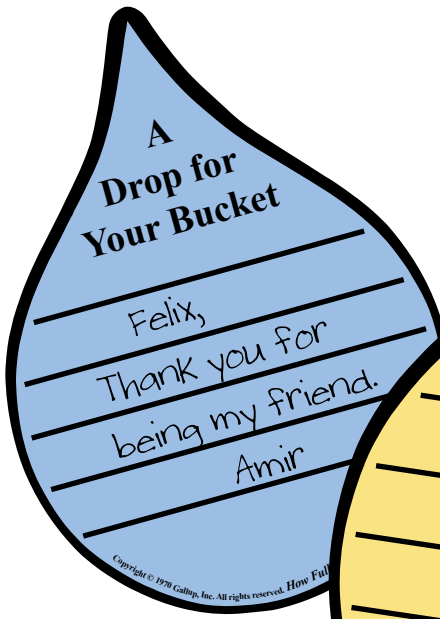


**What
Fills Your
Bucket?**

My First Drop



I Am a Bucket Filler



How to Write a Drop to Fill Someone's Bucket

Drops are handwritten notes. They are a simple way to share kind words with others, give unexpectedly, and fill someone's bucket.

Drops must be **truthful**.

Drops must be **nice**.

Drops must be about **something You can describe**.

Drops can be THANK YOU notes.

Drops can be about a time you saw **someone doing something good**.

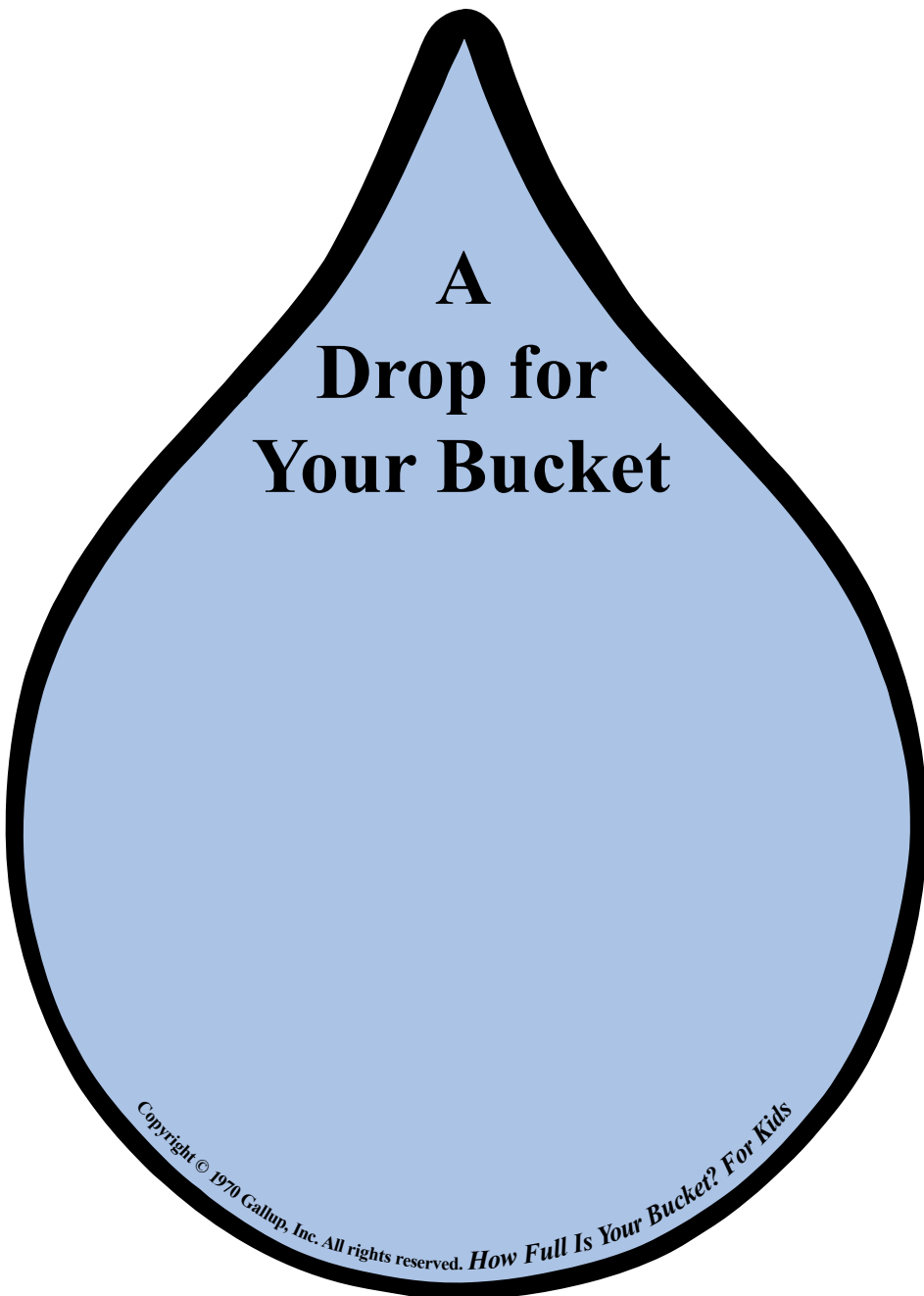
Drops can be about **something you really like** about another person.

Drops can be about **something you know another person does very well**.

A Drop

Think of someone you want to give a drop to. What could you write or tell this person to make him or her feel good? How could you fill this person's bucket?

Write something special for him or her on this drop.



Bucket Dippers

What do others do to dip from your bucket?

How do you feel when someone dips from your bucket?



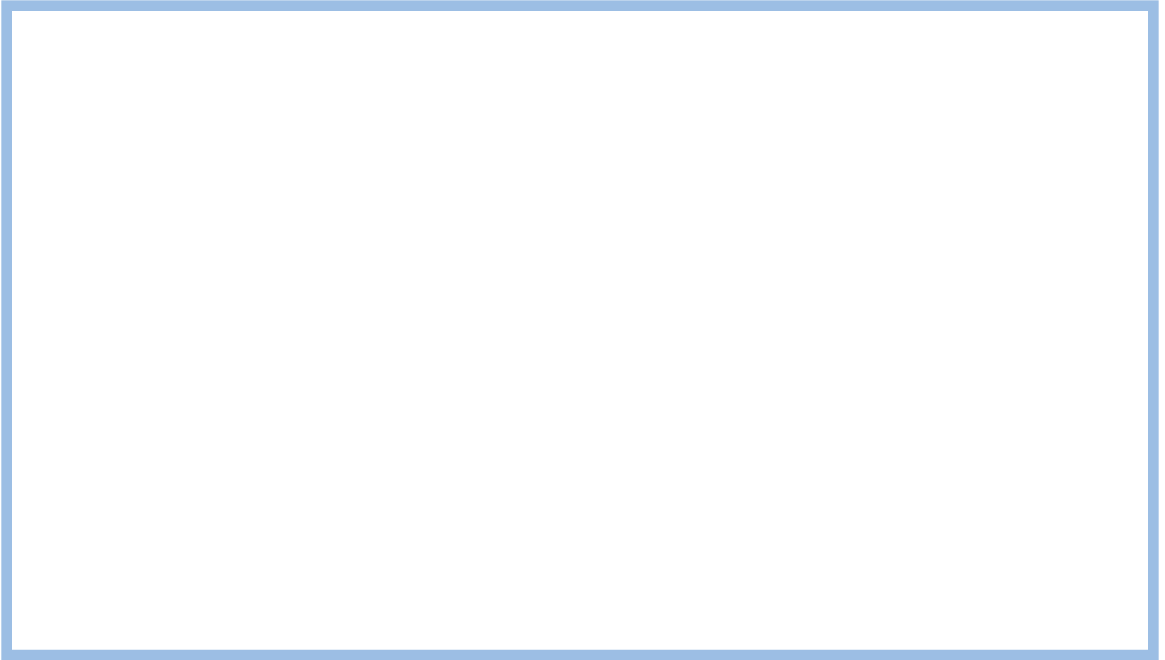
What have you done to dip from other people's buckets?

What happened when you dipped from other people's buckets?

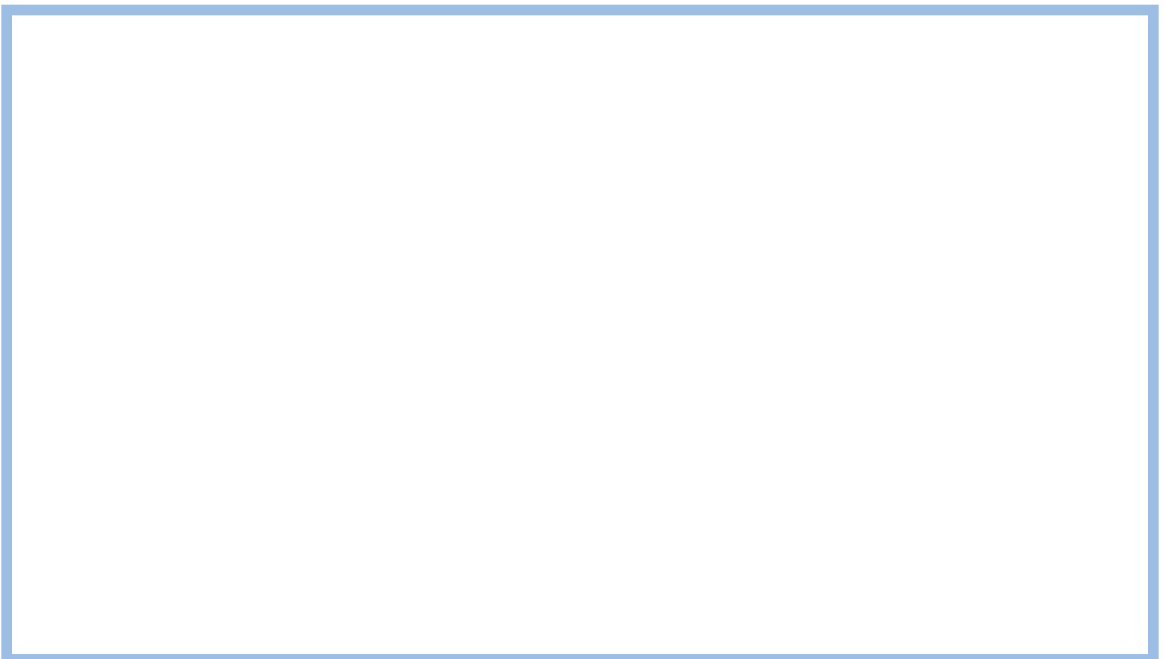


When I Feel Like Dipping . . .

When I feel like dipping out of someone's bucket, I can:



When someone has dipped out of my bucket, I can say:



Get Your Dipper Out of My Bucket

What if someone was dipping out of your bucket? What would you do?

**Fill their buckets
by saying something
nice to them.**

Walk away.

Don't pay attention to them.

YOU COULD SAY, "THAT IS NOT A
VERY NICE THING TO SAY OR DO."

**You could say, "Stop dipping
from my bucket."**



Filling or Dipping?



A Time When I Dipped From Someone's Bucket . . .

Think about a time when you dipped from someone's bucket. We have all done it. What could you have done differently?

Look over the situation below, and then draw your own cartoon showing how the situation could have been different.

Dipping



Filling
