



Social and Emotional Development

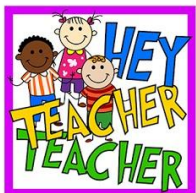
Have You Filled a Bucket Today? PreK-3rd Grade

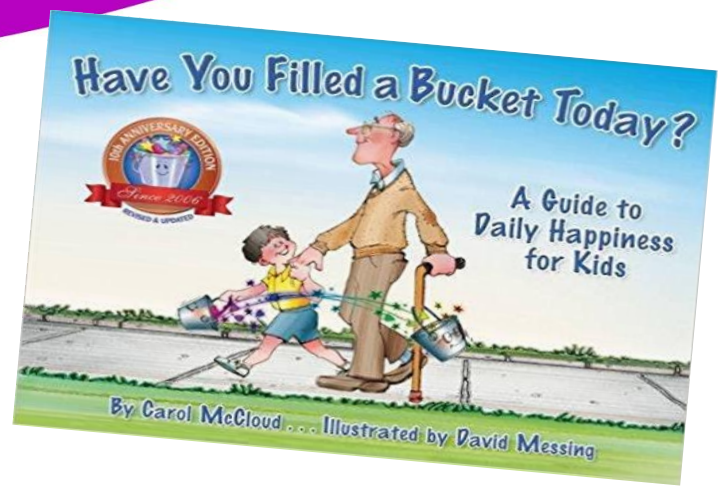
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From the Desk of Chenoa & Knorelle

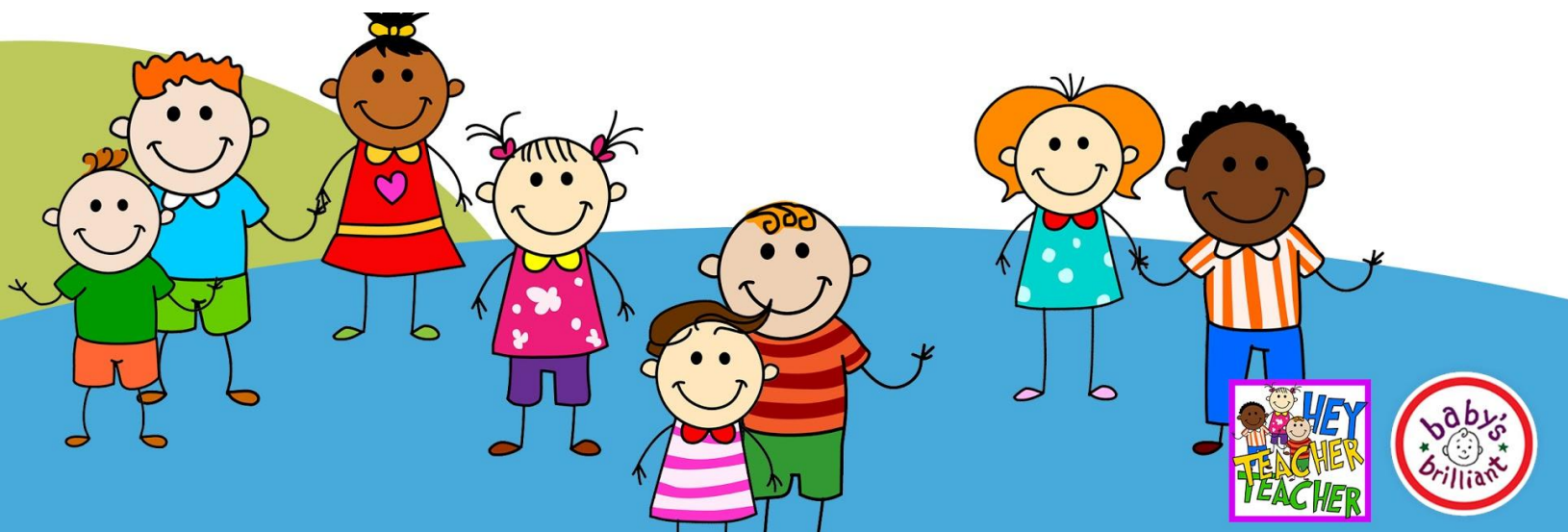
Have You Filled a Bucket Today?

Written by Carol McCloud and Illustrated by David Messing

According to children's book author Carol McCloud, **EVERYONE** is holding an invisible, or unseen, bucket: 'All day long, everyone in the entire world walks around carrying - this invisible bucket.' Its purpose is to hold your good thoughts and good feelings about yourself.'

In her book, *Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids*, McCloud explains that being happy isn't just a feeling; it's something that you carry with you all day. You can make yourself happy by making other people happy, and by accepting kindness from others. 'You feel happy and good when your bucket is full, and you feel sad & lonely when your bucket is empty.'

McCloud encourages readers of the vital fact that we aren't the only ones carrying a bucket & we aren't just responsible for our own buckets - we're all responsible for one another's buckets. A full bucket is important because it means you're happy and confident





The hearts on the bulletin board that Chenoa created says the following:

- Listen to others
- Kind words
- Be nice
- Follow rules
- Stand up for others
- Be a friend
- Be honest
- Include others
- Respect others
- Help out
- Give compliments
- Be nice
- Share

