

Bucket Filling Basics



Buckets

- ❖ Everyone has an invisible bucket.
- ❖ Your bucket holds your good thoughts and feelings about yourself.
- ❖ You feel very happy and good when your bucket is full and you feel very sad and lonely when your bucket is empty.
- ❖ You need other people to fill your bucket and other people need you to fill theirs.

Be a Bucket Filler

- ❖ You fill a bucket by being caring to someone, saying or doing something kind, or even when you give someone a smile.
- ❖ When you fill someone's bucket, you fill your own bucket, too! This is *The Law of Bucket Filling*.
- ❖ Anyone can be a bucket filler! There are so many ways to be one!

Don't Dip

- ❖ We can also dip into a bucket by making fun of someone, by saying or doing mean things, or even by ignoring someone.
- ❖ Everyone has an invisible dipper. Hopefully your dipper will remain unused.
- ❖ If you have one of those days when your bucket is low or empty, you have to be extra careful not to dip into someone's bucket.
- ❖ People who dip into buckets usually have empty buckets of their own to begin with. They think they can fill their own bucket by dipping into someone else's, but it never works.
- ❖ If you dip into someone else's bucket, you dip into your own, too! This is *The Law of Bucket Dipping*.

Use Your Lid

- ❖ Even if you do a great job of filling buckets and not dipping, your bucket won't stay full if you don't learn to use your lid.
- ❖ Everyone has an invisible lid and there are times when you will need to use it.
- ❖ If someone dips into your bucket, your lid controls how much is taken out. This is *The Law of the Lid*.
- ❖ Your lid is the thoughtful, clear-thinking part of yourself that protects what's in your bucket. It allows you to understand that when other people dip by being uncaring or mean to anyone, *they* are the ones who have the problem.
- ❖ Once your lid is in place and keeping the rest of your good thoughts and feelings from getting dumped out of your bucket, you can decide what to do next.

For instance, you could:

*ignore the person

*tell the person to stop

*walk away

*use humor

*ask a question

*ask an adult for ideas

* *tell* an adult if the person won't stop, if you don't feel safe, if you're being hurt in any way, or if you're being threatened with harm.

- ❖ Do not dip back by trying to hurt the person. That's dipping into the other person's bucket *and* your own.
- ❖ Your lid is temporary or only for awhile. You use your lid when you feel your bucket starting to get dipped into. Don't keep it on all the time or your bucket won't be able to be filled.
- ❖ *Good News:* You can use your lid to help other people protect *their* buckets!
- ❖ Once you know you have a lid, you can always grab it and use it if you need to. 😊