

You fill a bucket when you show love to someone, when you say or do something kind, or even when you give someone a smile.

I hope I filled your bucket today!

FROM:

You fill a bucket when you show love to someone, when you say or do something kind, or even when you give someone a smile.

I hope I filled your bucket today!

FROM:

You fill a bucket when you show love to someone, when you say or do something kind, or even when you give someone a smile.

I hope I filled your bucket today!

FROM:

You fill a bucket when you show love to someone, when you say or do something kind, or even when you give someone a smile.

I hope I filled your bucket today!

FROM:

You fill a bucket when you show love to someone, when you say or do something kind, or even when you give someone a smile.

I hope I filled your bucket today!

FROM:

You fill a bucket when you show love to someone, when you say or do something kind, or even when you give someone a smile.

I hope I filled your bucket today!

FROM:



Have You Filled a Bucket Today?

Join Matthew's Helping Hands and start spreading smiles today!



For more info, please visit:

www.matthewshelpinghandsnc.org/bucket

Be a bucket filler today!

The concept is simple, but the message packs a relevant punch for everyone - young and old. It comes from the book, *Have You Filled a Bucket Today?* by Carol McCloud. The book explains that we all carry an invisible bucket in which we keep our feelings. When our buckets are full, we are happy. When they are empty, we are sad.

We can all be bucket fillers!. The way to fill a bucket is to be kind to someone. A smile, a compliment or a helping hand is an excellent way to fill someone's bucket. At it makes you happy to. On the other hand, we can dip into someone's bucket by name calling, bullying or excluding others. Of course, this makes us feel sad.

What's the connection to Matthew's Helping Hands?



#1 - Our sweet Matthew loved this story and it made a difference for him. The bucket metaphor was very effective in showing Matthew how easy and rewarding it was to express kindness, appreciation, and love by "filling buckets."

#2 - The "**bucket fill-osophy**" aligns perfectly with our mission at Matthew's Helping Hands. And it's another great way for us to cherish Matthew's memory by sharing his love with others.

Yes! You can be a bucket filler!

- Visit www.matthewshelpinghandsnc.org/bucket for more information, free resources, and ideas on how to be a thoughtful bucket filler.
- Let someone know when you made an effort to fill their bucket by sharing one of the handy cut-away bucket filler slips to the right.
- Spread the word! It's fun being a bucket filler. Don't keep it a secret!



Simply cut along the lines for your handy bucket filler slips.



Proudly supporting Matthew's Helping Hands by being a bucket filler and spreading smiles in our community.



www.matthewshelpinghandsnc.org



Proudly supporting Matthew's Helping Hands by being a bucket filler and spreading smiles in our community.



www.matthewshelpinghandsnc.org



Proudly supporting Matthew's Helping Hands by being a bucket filler and spreading smiles in our community.



www.matthewshelpinghandsnc.org



Proudly supporting Matthew's Helping Hands by being a bucket filler and spreading smiles in our community.



www.matthewshelpinghandsnc.org



Proudly supporting Matthew's Helping Hands by being a bucket filler and spreading smiles in our community.



www.matthewshelpinghandsnc.org



Proudly supporting Matthew's Helping Hands by being a bucket filler and spreading smiles in our community.



www.matthewshelpinghandsnc.org

Have You Filled a Bucket Today?



A Guide to Daily Happiness for Kids

By Carol McCloud... Illustrated by David Messing

Since first published in 2006, *Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids* has sold over 1.5 million copies and has been used to teach character development in schools world-wide. To learn more, please visit Bucket Fillers at www.bucketfillers101.com.

Bucket image copyrighted by Bucket Fillers, Inc. and used with their permission.