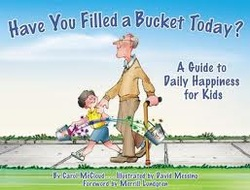
Page Hilltop School School Counselor Corner  
School Counselors: Dr. Jayne Garrett: Preschool through Grade 2  
Mrs. Betsy Dolan, M.S.: Grade 3 through Grade 5  
Ayer Shirley School District   Ayer, MA   
978-772-8600

**At Page Hilltop School, Children Are Learning to be Bucket Fillers, not Bucket Dippers...**



At Page Hilltop this fall, guidance counselors along with Page Hilltop staff are working with students on the meaning of “bucket filling”.  Classes are listening to and discussing the book entitled “Have You Filled a Bucket Today?” written by Carol McCloud.  
  
The book explains to the reader/listener how we all carry an invisible bucket and this bucket has one purpose. Its purpose is to carry all our good feelings about ourselves. Our buckets are filled when someone says or does something nice, and we fill others’ buckets by saying or doing something nice to people around us.  Students have learned the difference between a “bucket filler” and a “bucket dipper”.  Bucket dipping is saying or doing a mean thing. Bucket filling is the secret to being happy, because when you fill someone’s bucket, you fill your own too. **During family time, try asking your child to explain what being a bucket filler means**.  Encourage your children to show you examples of bucket filling at home each day with their family and peer interactions. If your child was absent the day the book was discussed, have them visit their guidance counselor.  
 **Talking points for Parents/Guardians:  
Ask your child to...**  
        Tell you about something someone did to fill their bucket today.  
        Tell you about a time that they felt like bucket dipping but made a better choice.  
        Tell you about something they did to fill a bucket today.

