

Be a bucket filler by reading to kids

October 10, 2019



MC CLOUD

“Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids,” was published in 2006. Carol McCloud, a nationally acclaimed author and Venice resident, has inspired millions of people of all ages to become daily “bucket fillers” through her books, seminars and other publications. Her nine children’s books have sold 3 million copies worldwide and are used in schools around the world as their primary character development program. As an author, speaker and early childhood specialist, Ms. McCloud said her goal is to help all ages and occupations grow in kindness, self-control, resilience, and forgiveness. On Nov. 8, through a partnership with Sarasota County schools, Embracing Our Differences is coordinating 150 volunteers to read from “Bucket Filler” books to 3,000 students in 150 kindergarten through third-grade classes in Sarasota County. If you’d like to volunteer to read on November 8, visit www.embracingourdifferences.org/volunteerbucketfiller by Oct. 16.

Who qualifies as a bucket filler?

Sarah Wertheimer, EOD’s executive director, says bucket fillers possess distinct identifying traits. “A bucket filler is somebody who spontaneously shares compliments and spreads positive vibes without being asked,” she said. “Carol McCloud invented the concept – and her ‘Bucket Fillers’ series of children’s books spells it out delightfully. Carol asks children to imagine that everyone possesses an invisible bucket they can fill up with kindness, support and love. It’s a beautiful idea for children – and I think it works for adults, too.”

Ms. Wertheimer added that EOD is honored to work directly with Carol McCloud. “Carol will join us on Nov. 8, reading from her books at various classrooms throughout the day. We’re touched by her generosity and desire to reach as many area students as possible.”

Ms. McCloud said she’s thrilled to participate in the initiative.

"I'm honored because, in a market of hundreds of excellent books that teach children the value and importance of kindness, our bucket-filling series of children's books was selected by Embracing Our Differences. I'm excited because more than 3,000 children will concretely learn that what they say and do affects others. When they are kind, they fill someone's bucket with happiness. When they are unkind, they dip into a bucket and remove some happiness. My hope is that children will be inspired to choose kindness more often and proactively look for ways to fill buckets and, in the process, discover they fill their own bucket, too." For more information, visit bucketfillers101.com.



Since 2004, EOD's international, juried exhibition celebrating the theme of "enriching lives through diversity and inclusion," showcases the art and words of thousands of artists and writers from around the world, including hundreds of area-based students and educators. Also crucial to the organization's mission are its ongoing education initiatives. Presented in partnership with the regional school districts and nationally recognized educators, these programs positively impact the lives of thousands of area teachers and students every year. These include annual workshops and retreats that provide arts and diversity curricula for area educators, bi-county reading initiatives, free bus transportation for students and teachers to visit area cultural venues and student service clubs in high schools. With 950 teachers and 43,000 students participating in the organization's exhibit and educational programs in 2019 alone, Embracing Our Differences continues to lead as one of the largest education programs in southwest Florida.

Embracing Our Differences' annual juried international art exhibit returns to Sarasota's Bayfront Park, Jan.18 through April 5. For more information about Embracing Our Differences, call 941-404- 5710, or visit www.embracingourdifferences.org.

In the **KNOW**

Bucket Fillers

- » To participate in embracing Our Differences Bucket Filler Day by reading to children, visit <https://www.embracingourdifferences.org/volunteer-bucketfiller> by Oct.16.