

Dear Parents and Carers,



I am writing to share our 'Bucket filling' idea with you as some of you would like to know more and use these ideas at home with your children. If your child has received a 'Bucket Filler' certificate you should feel very proud of them.



The purpose of "Bucket filling" is to improve **social and emotional learning**. It is based on a simple idea where we each have an invisible bucket with the purpose of holding good **thoughts and feelings about ourselves**. When we are happy and good to others, our buckets become full. When we are sad or unkind to others, our buckets become empty. Bucket Fillers fill both their own and others' buckets. If a person is unkind or hurtful, they are referred to as "Bucket Dippers". Like Bucket Fillers, Bucket Dippers dip into both their own bucket and others' buckets when they choose to be mean or hurtful to others.

When using this idea, children quickly understand that they can fill buckets when they do and say things that are **kind, considerate, caring, and respectful** as well as dip into buckets and remove those good feelings if they choose to do and say things that are hurtful.

During this school year we are encouraging, reminding, and recognising everyone's efforts to be bucket fillers at home, at school, and everywhere they go. As parents, you can help reinforce this by discussing this further with your child. Have a look at the website [www.bucketfillers101.com](http://www.bucketfillers101.com) if you wish to use certificates at home.

I hope you have a bucket filling day!

Mrs A. Ingram (PSHE coordinator)

