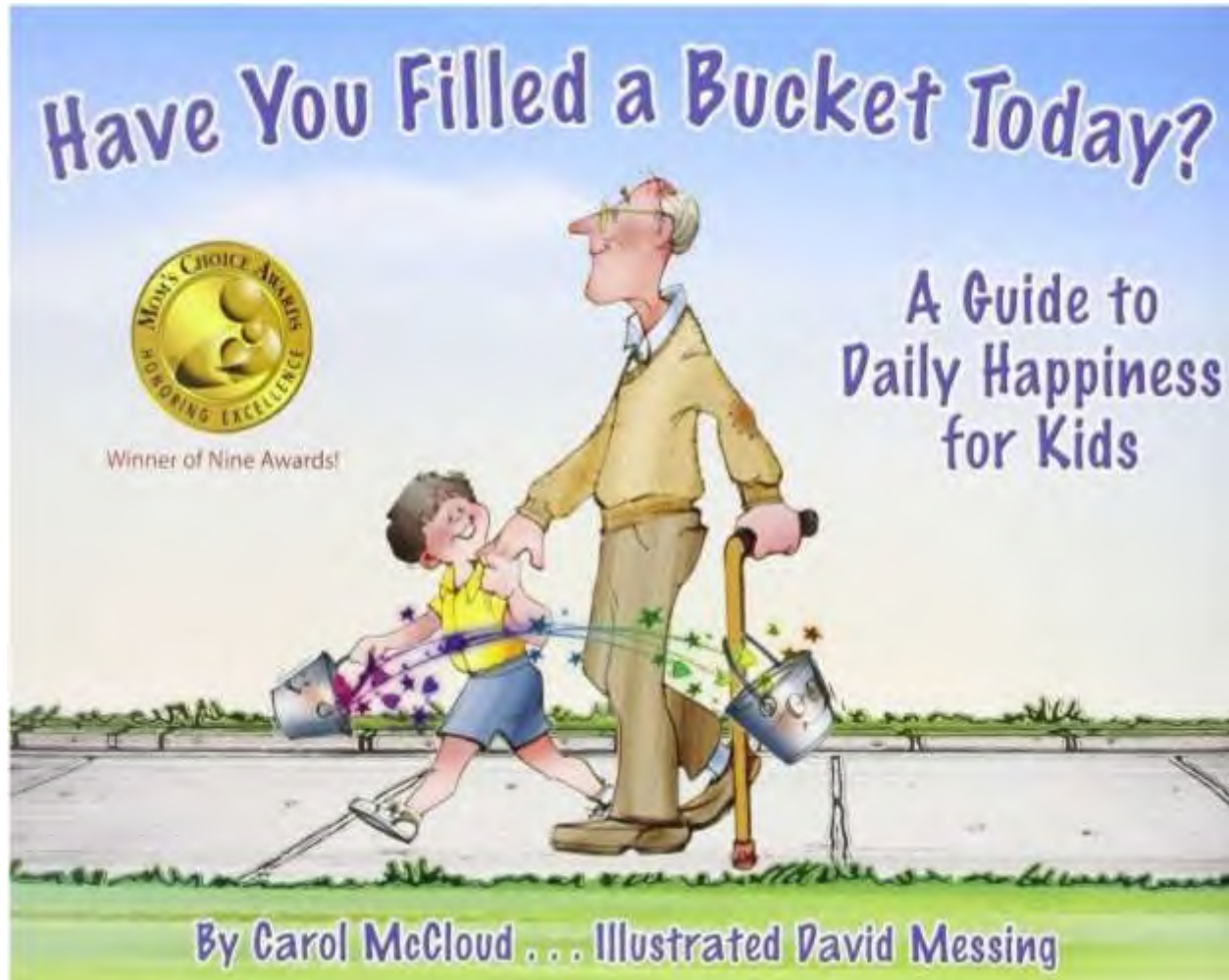


FFWPU UK: Book Review of Have You Filled a Bucket Today? by Carol McCloud

Ala Zubovskis
August 26, 2026



Book Review: Have You Filled a Bucket Today? by Carol McCloud

"Through living for the sake of others, we pledge to perfect the world based on the culture of heart... by centring on true love."
- Family Pledge No. 7

What a beautiful goal to carry with us as we begin a new school year - and one that connects wonderfully with this month's book, *Have You Filled a Bucket Today?*

I hope you had a lovely summer holiday and enjoyed plenty of opportunities to read wonderful books together with your children and grandchildren - and perhaps fill a few "buckets" along the way!

As we prepare for the new school year, we may experience a mixture of excitement and uncertainty. There are new adventures, discoveries and friendships, but also new responsibilities and challenges.

Carol McCloud's *Have You Filled a Bucket Today?* encourages children and adults to think about how our words and actions affect others. Through the simple metaphor of an invisible "bucket", the book shows how kindness, encouragement, appreciation and caring can fill someone's bucket, while unkind words and actions can "dip" into it.

The beautiful message is that we can all be bucket fillers. A smile, a kind word, helping someone, saying thank you or simply listening can make a real difference.

This is particularly helpful as children return to school. We can encourage them to think not only about how they are feeling, but also about how they can help others feel welcomed, valued and supported. It can become a simple family challenge:

"Whose bucket can I fill today?"

At the end of each day, you could ask:

Who filled your bucket today?

Whose bucket did you fill?

What kind thing could you do tomorrow?

Small acts of kindness, repeated every day, can help create a more caring family, classroom and community. This lovely book reminds us that, whatever our age, we can all make a difference in someone else's day.

"Why not decide to be a bucket filler today and every day?"

Age: 3+

Available on: [Amazon UK](#)

Read Aloud on YouTube: [Have You Filled a Bucket Today? by Carol McCloud](#)