



Using Your Lid for Others

Hi Bucket Filler!

In the last two newsletters, we talked about using our lids to protect the happiness in our own buckets when they get dipped. Using our lids is a process of learning to recognize and accept hurtful words and actions without allowing them to destroy us and our self-esteem.

Did you know you can also use your lid for others to help maintain their self-esteem? You do it when you stand up for people who are being bullied, ridiculed, or otherwise hurt. Standing up for others is kindness *with courage* because you risk getting hurt and it may cost you. When you see or hear something that isn't right, do you ask yourself,

“Is there anything I can do to help?”
“What would a bucket filler do?”

Take a trip down memory lane. Can you think back to a time when you stood up for someone being picked on, gossiped about, or discriminated against? Does the memory of your action and your desire to help still bring you a feeling of pride? If it does, you used your lid for another person. That is something heroes do.

Author Carol McCloud

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