

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

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Bucket Nuggets from Carol McCloud, The Bucket Lady

Making a Difference

Wee one embraces bucket filling

A letter from Amanda, Emma's mom, to the Bucket Fillers:

"Emma is only three years old and really into reading books right now. I let her hold books and pretend she is really reading them to me. I tell her to look at the pictures and tell me about the story. She is really good at using her imagination. I loved books when I was her age too and I used to love making up stories.

Tonight for story time, you guessed it, Emma had to read her book about bucket filling! She LOVES that book! LOVES IT LOVES IT LOVES IT!

She said she is going to go to school and fill Harmony's bucket. (Harmony is the new girl in Emma's class and she is really shy.)

I was so excited that Emma actually understood what bucket filling was and that she made up her own mind to befriend Harmony and fill her bucket! How adorable."

Bucket filling is respect in action

Last week, the Bucket Fillers Team had the privilege of speaking to 1,000 fifth and sixth grade students at Novi Meadows School in Novi, Michigan.

Principal Lisa Fenchel asked the children in each of the four assemblies, "What is the most important rule in our school?"

Each answer quickly came back, "Respect."

Respect is probably the primary rule in many schools. Respect for self. Respect for others. Respect for property.

It's a great rule.

Donna DeWitt-Schnell, a middle-school teacher at Waldon Middle School in Lake Orion, Michigan and a member of our Bucket Filling Team, shares the same rule with her six classes. Here are some excerpts from a reading Donna gave on the first day of school. She asked her students to close their eyes and listen to her words:

"Each one of you came to school today ready for a new school year. As you walk through that door, you bring along your unique experiences, individual needs, and lives that are different from one another. The person who sits to your left or your right, or in front or behind comes with a different sense of what life is about than you.

We have one rule in this class. Respect. This means absolutely no putdowns of anyone, based on hair color, skin color, native language, religion, gender, club affiliations, intelligence, body shape, body size or physical challenges. Most of these things happen to people without their choice. It is wrong to make fun of people for things beyond their control or to insult or belittle someone because they are different from you.

Everything you say to someone is personal. You may think it is not personal to you but it is personal to them. Choose your words carefully — they become either weapons to break others down or tools to build others up.

Be kind.

It is the right thing to do".



This week's winners

Congratulations!

Maureen Nichols, a teacher at Thornton Creek Elementary School in Northville, MI is our Bucket Filler of the Week!

Congratulations, Maureen!

Every bucket filler is a winner! Encourage your friends to get their buckets filled every week by signing on for our newsletter at

www.bucketfillers101.com.

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Quote of the Week

Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; it becomes your destiny. — Frank Outlaw