

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

Shelly Klass, School Counselor at Neil Armstrong Elementary in Bettendorf, Iowa, has used our book and the bucketfilling concept to enhance the school's character education program:

"Our school has introduced bucket filling through counseling lessons (kindergarten through fifth grades) that have incorporated your book and the whole concept of bucket fillers and bucket dippers. It has become a part of our "common language" - this is something that all stakeholders in our community are involved in (parents, kids, staff, etc.).

We use terms and expressions to help us understand that, as a caring community, we must "treat people right and do the right thing"

Some of our common language includes phrases like:

- "I do not like this, but I will accept it."
- "All of our feelings are okay, it's what we do with them that counts."
- "Mistakes are wonderful opportunities to learn."
- "If I did it, I admit it."
- "I will control my feelings, my feelings will not control me."
- "The best reward for doing the right thing is doing the right thing."

All of these expressions and many more are a part of our daily lives at Armstrong, helping us to make good choices and create a caring learning environment - and now being a bucket filler is a part of that as well!

The staff loves it and we can't thank you enough for writing such a wonderful book that helps children to understand that whole concept of empathy and service to others so well!

We have a display at the school entrance, just outside the guidance office, that uses your mini-posters and hearts and stars garlands to remind the kids that we are a bucketfilling school.

I also wanted to let you know that I have shared the book with the rest of the elementary counseling team in Bettendorf Schools, and I know several of them have used it in their schools as well.

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What I've learned

A year ago this week, Mike McCloud, my husband of 24 years, died after a brief illness. Most of you have experienced loss and, as difficult as it is, you know that loss is part of life. All of us will one day lose the people we care about most or they will lose us.

We will go through other losses too. Marriages end, friendships end, jobs end.

These losses are not easy. They hurt. They dip into our buckets. However, these losses can also help us grow and live life on both higher and deeper levels.

I've learned that ultimately it is up to each of us to keep our own buckets filled.

When I think thoughts of gratitude, it fills my bucket. I am thankful for 24 wonderful years of marriage. I am thankful for my family, my friends, my neighbors, and my coworkers.

When appreciation for the people in your life grows, you've filled your bucket. Making new friends, enjoying your work (career or volunteer), and taking time each day to enjoy the beauty that surrounds you— these will fill your bucket to the brim.

Today, I think I am a better daughter and daughter-in-law, a better sister, friend, member of my community and a better person than I was a year ago. I've learned that the best way to fill my own bucket is to care enough to fill someone else's.

I've also learned to stop thinking of what I don't have and to look for ways every day to make life better for others.

That fills my bucket.



This week's winners

Congratulations!

Julie Serazio of Dearborn Michigan Schools is our Bucket Filler of the Week. Congratulations Julie!

One of Julie's students gave her our book at the end of the school year with a note saying, "Thank you for filling my bucket all year."

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.

Quote of the Week

"I shape my school's character everyday in every way in what I do and what I say." *A quote from the back of a t-shirt worn by Danny, a bucketfilling custodian, at Pennfield High School, Battle Creek, Michigan.*