

# BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

Week of November 18, 2007 • Volume 1, Issue 16

## Making a Difference

### Giving thanks

*"It's a wonderful story to share...I thought this was so powerful...what a difference you have made,"—these are the words of Jane LaRue, Principal of Macomb Elementary in Caro, Michigan, who learned from a first-grade teacher about a little boy who put his feelings about bucket filling on paper:*

I am thankful  
for . . .

. . .I am thankful for my Teacher because she teaches me how to read and be a good character (character) and be a very nice person and not be a bucket dipper, be a bucket filler.

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*Bucket Nuggets from Carol McCloud, The Bucket Lady*

## Alphabetically speaking...

During our school assemblies, we often ask the children to think of adjectives that describe how they feel when their buckets are full. Young children choose words like "good, happy, joyful, glad." The Bucket Filling team has also heard "special, proud, safe, content."

There are many words that reflect the wonderful feelings that can fill a bucket.

I would like you to consider having school children with budding vocabularies to think of bucketfilling words from A to Z.

For example, these are a few words that describe feelings you have with a full bucket :

**A – AWESOME   B – BLESSED   C – CONFIDENT   D – DELIGHTFUL**

Last week, a third-grade child responded with, "grateful, thankful."

He is right. Gratitude certainly fills buckets.

Take a moment and think of five things you are grateful for. I'm sure that mental images filled your mind with people, situations and things that bring joy and love into your life. Do this simple exercise every day and your bucket will be full.

The first five things I thought of were: family, friends, good health, this day and work that I love. My list is different every day. When I do this exercise each morning, I find that I look forward to the day with a feeling of anticipation. When I do this exercise at night, I think back and appreciate more deeply the wonderful people I met and the enjoyable events in my day.

Gratitude, appreciation, gratefulness, thankfulness are all synonyms for a wonderful awareness of what we have that is good and right in our lives.

It's been said that "gratitude is an attitude." It is also a choice. I've read this somewhere and it's true: "The happiest people don't **have** the best of everything, they **make** the best of everything."

This Thanksgiving I wish you the joy of filling buckets with words of appreciation and gratitude.

And, when the last bit of turkey has been stored away and the pumpkin pie is but a memory, you will discover that your bucket is full.

*This week's winners*

## Congratulations!



**Jill Hammerick**, of North East Intermediate School District in San Antonio, Texas is our Bucket Filler of the Week. Congratulations, Jill! You have a book coming your way.

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](http://www.bucketfillers101.com).

*Quote of the Week*

**"Children require guidance and sympathy far more than instruction."**

*Anne Sullivan, American Teacher, 1866-1936*