

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

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Making a Difference



A happy dad...

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By Patrick Henry
Cleveland, Ohio

“Good book for a parent and child to share.

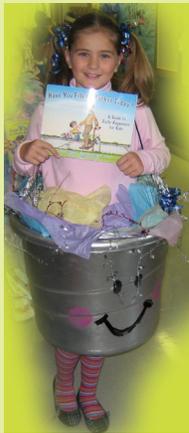
Serious content to nurture talk between parent and child, yet all within the grasp of the little one. The drawings are fascinating!

The expression on the characters will stimulate the discussion on the feeling level.

It was a gift, and dearly appreciated by father and son.”

and a happy mom...

Charlotte Buck of Texas writes:



“Today was our storybook parade, and my daughter, Tiggy could only think of one character that she wanted to represent. She went as a bucket. Thank you for your wonderful book. Bush Elementary in The Woodlands Texas is definitely

a bucket filling school and we are really proud of it!”

Bucket Nuggets from Carol McCloud, The Bucket Lady

Invisible? Yes! Important? Yes!

I still remember the day that a concerned little first-grader came up to me and said, “I don’t think I really have a bucket.”

I laughed and said, “Yes, you do! Just because something is invisible doesn’t mean it’s not there.”

This little one’s doubt inspired me to include the invisible aspect of the bucket FILLosophy in our assemblies. To help the children understand, I first ask for a “helper” to join me in front of the audience and I then ask the rest of the children whether they can see Bobby or Jane or Jimmy.

They answer in unison, “Yes!”

What follows is a lively discussion about what we all **can** see. The children agree that they see the outside; the body. I explain that, in addition to the body, there are parts of a person that we can’t see. Can they see thoughts, emotions, feelings or spirit? No, these are invisible. However, what we **can’t** see about a person is very often more important than what we do see.

Studies have shown that our bodies react positively or negatively to our thoughts and feelings. When we are physically tired and suddenly learn that we are going to be part of something exciting, our energy levels rise. Just the thought of doing something fun creates physical energy. Both children and adults can relate to this analogy.

Take a moment for a little test:

Think of the last five people you’ve talked with. Were their buckets a little more full or a little less full when your conversation ended?

I have often wished that we all had the ability to look inside one another’s buckets. We would then instantly know whether we are bucket dipping or filling. As it is, we must keep all those invisible buckets uppermost in our minds, knowing that we can help their owners feel better or worse through our words and actions.

Every day we are blessed with opportunities to fill buckets.

And, as we tell the children, when you fill someone’s bucket you fill your own.

Have a bucketfilling week!

This week’s winners

Congratulations!



Barb Johnson, a teacher at Randolph Elementary School in Livonia, Michigan is our Bucket Filler of the Week. Congratulations, Barb! 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.

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Quote of the Week

“People with integrity are like fingers, you can always count on them.”

—A student at Novi Meadows School

