

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

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Making a Difference In the pink

From Michele Englund, Mattoon, Illinois

I love the Bucket Fillers concept. I teach gifted education and my 3-5 graders present a play to the elementary children in our district.

This year's theme is bullying and I am excited to incorporate the theme of bucket filling and dipping into our play production.

I was also excited to use the concept during a children's message at our local church last weekend.

The message hit home for kids as well as adults.

My four year old niece, Lilly, really loved the book and we even made her a bucket with sparkles and fairy wands in pink to match her room. The day before she was to leave for home, I was hugging her and telling her how much I loved our visit and how special she was to me. She looked at me and gave me a big hug and said, "Thanks Aunt Michelle for filling my bucket just now."

Wow!!! What a great response from such an insightful young gal.

Thanks for making a special memory for our family.

BUCKET CHUCKLES

GOOD ADVICE...

- "Never trust a dog to watch your food." —Patrick, age 10
- "When your dad is mad and asks you, 'Do I look stupid?' Don't answer." —Hannah, age 9
- "Never tell your Mom her diet's not working." —Michael, age 14

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Bucket Nuggets from Carol McCloud, The Bucket Lady



Ask the right kind of questions

Today's' young people can chat on cell phones anytime, anywhere. They can send e-mail and join chat rooms online. Oh, and let's not forget the ubiquitous text messaging that allows them to stay in touch with their "BFFs".

In a few short years personal communication technology has exploded and our children have taken a direct hit.

Every e-mail, phone call and text message is "totally" important to them, and in some extreme cases, takes precedence over pretty much everything else.

How can parents, the people who clothe, feed and love these young technology addicts, get through all the "noise" and connect with their children?

Sadly, parent-to-child conversations are inclined to sound something like this:

"How was your day?"

"Fine."

"What did you do today?"

"Nothing."

It's been suggested that open-ended questions can elicit more information and could lead to a genuine conversation. Sales people have successfully used this kind of question for years. Perhaps parents should give it a try.

Notice there can be no "yes" or "no" answers here:

"Tell me about one thing you did in school today."

"Teach me one thing you learned in school today."

"What happened today that made you feel good? (What filled your bucket?)

"What happened that made you feel bad? (What dipped in your bucket?)

"What was your hardest (or easiest) assignment today?"

Initiating a conversation with open ended questions can lead to further discussion and let your children know that you are sincerely interested in what is happening in their lives. These discussions have the power to bring you closer together as you let them know you really care.

It will fill both your buckets.

How "totally awesome" is that?



This week's winners

Congratulations!

Michele England of Mattoon, Illinois, is our Bucket Filler of the Week.

Congratulations, Michele! 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.

Quote of the Week

One of the universal rules of happiness is: Always be wary of any helpful item that weighs less than its operating manual.—Terry Pratchet, author