

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

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Making a Difference Two thumbs up!



KC teaches reading in Pennsylvania and blogs on the internet from an attractive site she calls "Mommy I was just thinkin..."

Her profile tells visitors that she is "a working mommy who tries to manage the life of being a wife, a mother, and a teacher."

"I consider myself lucky to have both time at home with my children and time away from my children."

On August 15, 2008 she posted a review of *Have You Filled a Bucket Today?*

From KC's blog:

"Emily got this book from one of her friends yesterday. I had a chance to read it this morning. It is a wonderful book about how everyone has an invisible bucket and it is everyone's job to try to fill each other's buckets with love everyday."

It encourages kids to be bucket fillers not bucket dippers. I really enjoyed this book and I am looking forward to reading it to my children today."

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Molly Masulis, a teacher in Mattoon Illinois, sends us this exciting news:

"School has started and we have spread the word about being a bucket filler!"

Many of us have adopted the bucket-filling philosophy as the basis for our classroom rules and as an intrinsic motivator to be kind to others.

Many of us also have a galvanized bucket (brightly festooned as in the book) on display as proof of our commitment to this great cause!"

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*Bucket Nuggets from Carol McCloud,
The Bucket Lady*

Thumbs up (for fillers) ... and down (for dippers)

Barbara Gruener is a school counselor at Westwood Elementary, Friendswood, Texas, and a finalist in the 2008 CEP National School of Character Award.

*In an article for the web site, CharacterCounts.org/chronicle, Barbara suggested a dialogue idea based on the concepts she discovered in **Have You Filled a Bucket Today?***



"This beautifully illustrated self-help story offers concrete ways for children to connect their feelings with their behavior by giving simple, everyday examples about filling metaphorical buckets by smiling at someone, writing a thank-you note, or giving a compliment."

Moving from "me-centered" to "we-centered" is a key aspect of the pillar of caring and is brought to life through this wonderful analogy.

When kids fill someone else's bucket with a kindness, their own bucket also fills up, generating positive feelings and self-esteem. Students who take away our happy feelings with negative actions like ignoring, teasing, or bullying are bucket dipping. It doesn't work to fill one's own bucket by dipping out of someone else's.

After reading the book aloud and reflecting with students to soak up the concept, play a game of Filler or Dipper.

Use thumbs up to identify bucketfilling actions and thumbs down for bucketdipping behaviors.

Give your students real-life scenarios:

"Your friend rolls her eyes at you."

"You offer to help your little sister tie her shoes."

"Your mom returns her shopping cart to the cart corral."

"You say 'whatever!' to your brother."

"You laugh when your friend falls down."

"Your teacher compliments you."

Next, have students give examples from their lives. Process the differences between bucket filling (caring) and bucket dipping (uncaring) behaviors."

Thank you Barbara, this should inspire some lively exchanges.

This week's winners

Congratulations!



Stacy Cesta, first grade teacher in Saratoga Springs, New York, is our Bucket Filler of the Week. Congratulations, Stacy! 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

"Failure is only the opportunity to begin again more intelligently."— Henry Ford