



BUCKET FILL-OSOPHY 101™

Words of Wisdom to Keep Your Bucket Filled

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Creating a Bucketfilling Day

By Jan Merz, Bucket Fillers Team Member

□ I recently learned of an Internet blogger who wrote about celebrating her 35th birthday in a very special way. Her story is all about bucket filling at its best: She, along with her two children and her mother, performed 35 random acts of kindness on her special day. As the day unfolded, she realized that it was becoming difficult to tell who was having more fun, the recipients of their bucket filling marathon or her little band of bucket fillers. This birthday bucketfilling brigade filled a whole lot of buckets that day *including their own*.

Filling buckets is a wonderful way to spend time with children. Why not create your own little band of bucket fillers with your family and friends and introduce them to the joy of bucket filling?

This list has been adapted to bucket filling and will help you begin. I would also suggest that you ask your group for their ideas.

- ♥ Leave cookies and a note in the mailbox to thank the mail carrier.
- ♥ Stop at a local assisted living facility and deliver homemade cards (hearts and stars on the front and "Have a great day!" inside). Ask if it would be possible to deliver the cards personally.



- ♥ Take muffins and cookies with a note of thanks to your local auto mechanics who service your vehicle.
- ♥ Stop at the hospital with flowers. Ask whether they would deliver them with a note to someone they think would enjoy them.
- ♥ Leave coloring books and crayons in the hospital's waiting area.
- ♥ Put enough money in a plastic sandwich bag to buy a treat. Hang the bag on a vending machine's coin return with a note, "We hope this fills your bucket."
- ♥ Deliver notes to the pastors, children's director, music director, secretary, or custodian of your church.
- ♥ Visit your library with muffins or cookies along with a note for the librarian.
- ♥ Stop in at your local fire station with a home-baked pie and a note of appreciation.
- ♥ Write a bucketfilling note, enclose it in an envelope containing several dollar bills, and place it under the windshield of a randomly-selected car.
- ♥ Surprise family and friends with a homemade card containing a treat (coupons for restaurants, movies, etc.)
- ♥ Leave a package of diapers and wipes on a changing table in a public restroom.
- ♥ Pick up trash everywhere you go.
- ♥ Smile at everyone you see, say hello, and give compliments.
- ♥ Be a friendly/considerate driver.
- ♥ Allow someone to go ahead of you in a checkout line.
- ♥ Take dog food and cat food to the local animal shelter.



Bucket Chuckles

Have you ever wondered?

- Why the sun lightens our hair, but darkens our skin.
- Why we never see the headline, "Psychic Wins Lottery."
- Why the word "abbreviated" is so long.
- Why the man who invests all your money is called a broker.
- Why sheep don't shrink when it rains.

Designed and edited by Glenny Merillat

Congratulations Marilyn!

Marilyn Kondash of Luzerne, Michigan is our bucket filler of the week. You have a book coming your way. Every bucket filler is a winner. Encourage your friends to get their buckets filled by subscribing to our free e-newsletter at www.bucketfillers101.com

Words of Wisdom

"The Constitution only guarantees the American people the right to pursue happiness. You have to catch it yourself." — Author unknown, commonly attributed to Benjamin Franklin