



BUCKET FILL-OSOPHY 101™

Words of Wisdom to Keep Your Bucket Filled

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Go for the Gold!

By Donna deWitt Schnell, Bucket Fillers Team Member

The Olympic Games began in Greece and have been inspiring millions for more than 12 centuries.

Thousands of years later, the spirit of the London 2012 Summer Olympics continues to capture the world's attention. The hopes, dreams, and talents of world-class athletes are on display across the globe as these exceptional men and women represent their countries.

Bucket fillers and Olympians have many characteristics in common. As the Olympics close and schools open, classroom and family conversations can draw some great similarities between the two:



OLYMPIC ATHLETES

Olympians recognize the need to train rigorously, both physically and mentally, to prepare for their events.

Olympians stay focused on strenuous athletic training routines. They are great examples of what athletes are capable of doing to achieve their goals.

Olympians know that practice, practice, practice is key to becoming a participant in the games.

Olympians inspire others by their strong commitment to excel in their sport.

Olympians must come to the games with a deep respect for the tremendous diversity of all participants and all sports.

At the closing of the games, only a few Olympians stand on the podiums with gold metals; but every participant, in every sport, is a world-class winner.

BUCKET FILLERS

Bucket fillers recognize the need to be physically and mentally healthy to keep their buckets filled.

Bucket fillers stay focused on their goals for filling their own bucket and those of others. They are great role models for others.

Bucket fillers know that one becomes a great filler through the daily practice, practice, practice of acts of kindness towards others.

Bucket fillers inspire others to be daily bucket fillers by their commitment to express only thoughtful words and choose positive actions.

Bucket fillers are not "selective respecters." They must respect all students regardless of gender, race, or other differences.

Every bucket filler who pledges daily to do their best to be a bucket filler, not to dip, and to use their lid for themselves and others, is a winner at home, at school, and everywhere they go.

This table can be a classroom bucketfilling activity for the beginning of the year. Your students can generate even more comparisons for lively and relevant discussion. As a follow up, students can research their favorite Olympic athlete and finish by writing them a bucketfilling letter that explains why they respect the one they chose.

Wishing you the best for an Olympic bucketfilling year!

Making a Difference

We've reached a new milestone — more than



ONE MILLION BOOKS IN PRINT!

Congratulations, Beth!

Beth Davis, of Miami, Florida 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

"If you fail to prepare, you're prepared to fail."--Mark Spitz, former Olympic swimming champion