



BUCKET FILL-OSOPHY 101™

Words of Wisdom to Keep Your Bucket Filled

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Seeing Past the Mask

By Donna deWitt Schnell, Bucket Fillers Team Member

Good-bye October; hello November. In the retail world, this means putting away the October décor and making room for the symbols and colors of the holidays.

Just a few days ago, children enjoyed the traditional fun of dressing in costumes and face masks and assuming false identities. Throughout cultural history, masks have been part of drama, music, and dance and were worn to hide identity or feelings.

Today digital, video, and print media emphasize the latest in cosmetics, clothing, and “style.”

Bucket filling does the opposite by encouraging students to think beyond outer physical aspects of others and see the true inner beauty of each individual.

The mask can be a useful tool to encourage bucketfilling awareness of the people around us. As many schools develop and implement year-round bucketfilling programs, teachers search for simple ways to easily blend the bucketfilling concept into everyday activities.

Here are a few ideas:

1. Read stories that abound in literature for younger children. For example, *Beauty and the Beast* tells the story of a “beast” with a tender heart and teaches us not to judge others based on their appearance.

2. Make a simple mask crafted of paper or have a discussion of the mask in cultural history, career masks, and social masks, etc.

3. Discuss how we can all be better bucket fillers by looking beyond others’ physical attributes. Some thoughts and questions could include:

a) Without an understanding of our invisible buckets, our judgments are often based on physical attributes or clothing. As a bucket filler, how do you take charge of your thinking to focus on a person’s thoughts and feelings, which are much more important?



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b) Would we treat people better if we could see their buckets? If so, why?

c) Most smiles are genuine, but some are not. Why would someone smile when they are not really happy and their bucket is empty?

d) Why is giving a genuine smile to others an important action for a bucket filler?

One of the easiest ways to fill buckets is to practice the daily skill of noticing other people, looking at their faces, and trying to understand their true feelings. Bucket fillers look beyond the surface into the other person’s bucket. Is it full or empty? Instead of making quick judgments, bucket fillers are more likely to feel empathy and act compassionately.

When you look beyond faces and into the heart of a person, you may be surprised at what you will learn about them ... and yourself.

Making a Difference

From September 2006, through October 2012, we have visited

835

schools and organizations, conducted 2,371 sessions, and appeared before 362,750 children and adults.



Designed and edited by Glennie Merillat

Congratulations, Melissa!

Melissa LeBlanc, a Counselor, from Katy, Texas 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 judge people, you have no time to love them.”
— Mother Theresa