



Bucket Fillosophy™ 101

Words of Wisdom to Keep Your Bucket Filled

Volume 9, Issue 4
February 15, 2015

Travel with Your Lid!

Dear Fellow Bucket Filler,

A first-grade teacher we'll call "Bonnie" attended one of our seminars. Afterward, she said to me, "I wish I had known about my lid earlier."

Bonnie, a newlywed, had volunteered to host both families for Thanksgiving dinner. She spent three weeks planning, decorating, organizing, cleaning and selecting recipes. The final week was spent shopping and cooking. Bonnie did everything she could possibly do to prepare a memorable holiday dinner.

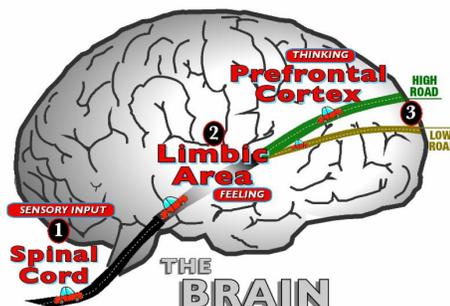
On Thanksgiving Day, the blessing was said, plates were filled with food, and conversation began. Then Bonnie heard her mother-in-law softly say, "Don't you think the turkey is a little dry?" Ouch! Bonnie felt the pain of a big dip inside her bucket. Her eyes filled with tears and she quietly excused herself. In the bathroom, she openly cried but was able to compose herself and rejoin the group. She told me, "Dinner was great but, honestly, I let those words ruin my day. It hurt so much. I admire my mother-in-law; she's like Martha Stewart but I'm not. I wish I'd used my lid that day." Those nine little words had entered Bonnie's ears and went directly to the limbic or feeling center of her brain. Ouch!

"You did use your lid that day, Bonnie," I replied. "Using your lid doesn't mean you won't hurt. Words can hurt. You used your lid because you felt the pain and stopped yourself. You did not respond by dipping back. You excused yourself until your feelings were under control. You used your lid when you paused to think and realize that your mother-in-law sets the bar very high for entertaining. Instead of dipping back, you observed."

Ouches are like crossroads. To stay on the high road, remember to **STOP** and use your lid.

STOP
TAKE A BREATH
OBERVE YOURSELF
PROCEED WITH CAUTION

Stay tuned for more,
Carol McCloud



Our Bucket Filler of the Week*

Nelda White of Granite Bay, California

*E-newsletter winners are randomly selected to win a free book!

Bucketfilling Showcase



This week's picture was shared with us by Rebecca Begtrup. She recently made this bucketfilling quilt for her 5-year-old niece, who is a huge bucket filler each day!

We invite you to showcase your organization's bucket filling in our e-newsletter. Email a picture of your bucketfilling bulletin board, mural or other artwork to info@bucketfillers101.com.

Most of our subscribers are educators looking for classroom ideas. We have many ideas on our [Free Resources](#) page. Our books and other items are available for [purchase online](#). If there is something you are particularly interested in, please [contact us](#). At the request of many readers, past e-newsletters are available on our [website](#).

Sincerely,

The Bucket Fillers Team

Stay Connected

