



# Bucket Fillosophy® 101

Words of Wisdom to Keep Your Bucket Filled

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## *Beyond Nice*

*I have decided to stick with love. Hatred is too great a burden to bear.*  
- Martin Luther King, Jr.



Video: Carol McCloud talks about this week's e-newsletter  
<https://youtu.be/xYZ4F2JS0Yc>

This is just one of the many inspiring quotes that you will find in Stuart Stotts' delightful 180-page book, *Beyond Nice*.

Stuart Stotts is a musician, songwriter, storyteller, author and educational trainer and consultant who I was fortunate enough to listen to and learn from at an early childhood conference. In 2015, Stuart wrote *Beyond Nice* with the belief that "kindness is our most important human attribute" and that "it can be taught or at least nurtured."

Written for those who work with children between the ages of 3 and 8, *Beyond Nice* is a "How-to" book devoted to developing and nurturing kindness. Its pages are filled with wise and wonderful ideas and activities that will be appreciated by parents and teachers. Each chapter includes goals, numerous easy-to-follow activities, reflection questions, relevant web links, and chapter summaries. Stotts also includes chapters that cover specific types of kindness skills - listening, manners, touch, movement, mindfulness, songs, stories, visual arts, puppets, and more.

Because bucket fillers understand the importance and benefits of kindness, this book is a great resource for your bucketfilling home or classroom. For more information, visit [www.stuartstotts.com/kindness-resources/](http://www.stuartstotts.com/kindness-resources/).

Happy Bucket Filling,



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