



Bucket Fillosophy®

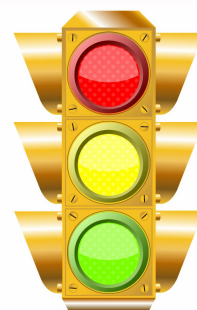
Weekly words of wisdom to keep your bucket filled

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Don't Ignore Those Red Lights!

Hi Bucket Filler!

The most common form of bucket dipping is reactive: Someone dips in our bucket and we dip right back. Dipping back is like ignoring a red light. It's dangerous.



Next time you notice you're angry about any situation . . .

Practice the Stoplight.

Picture a red traffic light and STOP. Anger means Stop. Then, Yield. Take a few deep breaths and slowly count to ten. If you say anything, quietly say, "I'm too upset to talk right now." Only Go, when your feelings subside and you can be a bucket filler.

We're human beings with emotions. We get angry. It's what we do at a red light that matters. Know the signals: Stop, Yield, then Go, if you want your bucket to stay filled.

Author Carol McCloud

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Bucket Fillers

