

# BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

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## Making a Difference

**"Our world needs it."**

**Bethany Lamb, a Life Skills teacher at Chatham Middle School in Siler City, North Carolina writes:**

I began the school year by reading "Have You Filled a Bucket Today" to my 7th and 8th graders. I am currently in the self-esteem unit, so it has worked beautifully with my lessons.

My students are very open to the bucket filling ideas. I have a jar in my room for "bucket filler" tickets that tell about an action that filled someone's bucket that day.

We read them every Monday, and the students love to hear them. They are constantly reminding each other about bucket filling and bucket dipping. When I ask them, "Was that a bucket filler, or a bucket dipper?" they always respond with the correct answer, and a lot of them apologize. They talk about this concept with other teachers, and each of my classes are slowly becoming a family with the help of your book. Thank you for helping me create a safe and loving environment in my classroom.

I cannot wait to see the impact by the end of the year. I hope you continue to share your ideas.

Our world needs it!

I shared this book with my mom who works in a daycare/preschool and she loved it and has introduced it to her kids. They are using the words, too!

Letter edited for space

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**Bucket Nuggets from Carol McCloud, The Bucket Lady**

## Sometimes you need a lid



Written in the simplest terms to teach children how to be happy, *Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids* lets each child know that everyone has an invisible bucket and that a full bucket equals happiness.

While I did not include the concept of "the lid" in the first book, the Bucket Filler Team talks about this lid in assemblies and workshops. When we ask the children, "Why is it a good idea to have a lid handy to keep your bucket full?" hands go up. Often the first answer is correct, "To keep the dippers out."

Yes! To keep the dippers out.

Just as there are many ways to fill your bucket, there are also many ways to place a lid on your bucket to stop the dippers from removing positive thoughts and feelings. Negative remarks (or your own negative thoughts) can effectively deplete your bucket.

As adults we've all been hurt or offended by an inconsiderate remark. However, should we choose to dwell on the remark and the person who made it, we weaken our ability to have positive thoughts and feelings.

***We dip into our own buckets.***

How then, can we move quickly from feeling hurt or disappointment? We can immediately place a "lid" on our bucket. With that one mental action, our negative reaction recedes and allows room for objective thought.

Imagine that you have spent two enthusiastic days planning and then preparing a huge Thanksgiving dinner for your family only to have an aunt remark, "The turkey was a little dry."

That, my friends, is bucket dipping.

You now must choose how you will respond. Think about your Thanksgiving bucket dipper. Perhaps she can no longer prepare a meal and her sorrow for this inspired the comment or perhaps she's always been a bit blunt.

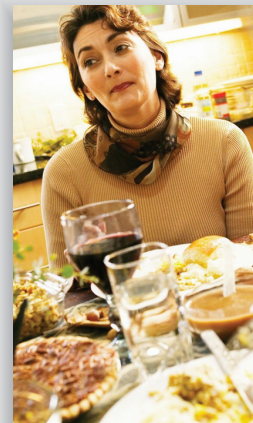
Understanding is the key here.

There are a thousand reasons for bucket dipping and very few of them involve you. In reality, many people are unaware of making thoughtless remarks or offending someone with their actions and yet most of us allow such comments and actions to dominate our thoughts.

It's best not to allow conscious or unconscious dippers near your bucket.

Negative comments can ruin a day or a relationship ***if we let them***. Dwelling on words or situations and repeating them prolongs negativity. Forgetting and forgiving protects your health and happiness.

Remember, every bucket comes with a lid—use it along with understanding, tolerance and empathy to keep your bucket full.



**This week's winners**

## Congratulations!



**Dean Whitehead of Machen Elementary School in Hampton, Virginia** is a new subscriber to BUCKET FILLosophy 101 and our Bucket Filler of the Week.

Congratulations Dean! Every bucket filler is a winner. Encourage your friends to get their bucket filled every week by signing on for our newsletter at

***www.bucketfillers101.com.***

**Quote of the Week**

**Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great. - Mark Twain.**