

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

Week of October 21, 2007 • Volume 1, Issue 12

Making a Difference

We've won an award!



On October 13, the Just for Mom Foundation announced the 2007 Mom's Choice Awards®. "Have You Filled a Bucket Today?" won best children's picture book in the behavioral category.

This annual competition recognizes authors, inventors, companies, parents and others for their efforts in creating quality family-friendly media products and services.

You'll find our 2007 award listed on the Mom's Choice Awards web site: www.momschoiceawards.com

Children's Picture Books

Behavioral

Have You Filled A Bucket Today?: A Guide To Daily Happiness For Kids

by Carol McCloud

Illustrated by David Messing

Published by Ferne Press

An esteemed panel of judges includes education, media and other experts as well as parents, children, librarians, performing artists, producers, medical and business professionals, authors, scientists and others.

Entries are scored on a number of elements including production quality, design, educational value, entertainment value, originality, appeal and cost.

Judges are especially interested in products *that promote good will, encourage acceptance, warm the heart and lift the spirit.*

(Italics are ours)

BUCKET FILLERS, INC.

PO Box 255

BRIGHTON, MI 48116

PHONE: 810.229.5468

FAX: 810.588.6782

WWW.BUCKETFILLERS101.COM

Designed & edited by Glenney Merillat.

Bucket Nuggets from Carol McCloud, The Bucket Lady

Making special memories

"You could invite the new kid at school to play with you."

This wonderful way for a child to fill another's bucket is illustrated on page 23 of "Have You Filled a Bucket Today?"

Perhaps you can remember what it was like to change schools in the middle of the year. Your comfort zone probably evaporated and your bucket felt nearly empty.

It's common to feel insecure and possibly frightened when you walk into a room filled with strangers. As adults, some of us continue to have these feelings, therefore it's not difficult to imagine a child's reaction.

In times like these, our buckets need filling.

I've discovered this nugget of truth as I've read the book to school children. Hands go up when I ask, "Has anyone changed schools in the middle of school year?" I then choose one person in the audience to tell their story.

This month, at an assembly for third to fifth-graders at Lone Pine Elementary School in Bloomfield Hills, Michigan, I called on a young man in the back of the room and asked "Do you remember the first person who came up to you and was nice to you on your first day in your new school?" He quickly replied, "Yes, it was Michael," and pointed to another boy across the room.

Michael beamed. I had Michael stand up and asked the children to give him a round of applause. Michael is a bucket filler!

I've found that 90% of the time, children and adults who have changed schools in the middle of the year, can still remember the first person who greeted them with kindness. This single caring gesture filled their buckets. Some adults, including teachers, have said that their special person remains a good friend to this day.

Let's all work together to teach our children (and remind ourselves!) to look for people with buckets that seem empty—the lonely child on a playground, a new employee at the office. Introduce yourself and make a friend.

Bucket filling is powerful and can make a memorable difference in our lives.



This week's winners

Congratulations!



Karen Severeide, a school counselor in Billings, Montana, is our Bucket Filler of the Week and will receive a free book. Congratulations, Karen! You have a book coming your way.

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

www.bucketfillers101.com.

Quote of the Week

"Feeling grateful or appreciative of someone or something in your life actually attracts more of the things that you appreciate and value into your life."

Christine Northrup, M.D.