

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

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Making a Difference

Her children are more aware

Dana Lehman of Allenton, Michigan writes:

Have You Filled a Bucket Today? is a wonderful book about being kind to others.

Filling someone's bucket or bucket dipping is such an easy concept for children to understand.

It has helped make my children become aware of other people's feelings. I highly recommend *Have You Filled a Bucket Today?*

And, I have heard fabulous things about 'the bucket lady!'"

BUCKET CHUCKLES

Collected by teachers—

- The inhabitants of Moscow are called Mosquitoes.
- A census taker is man who goes from house to house increasing the population.
- A virgin forest is a forest where the hand of man has never set foot.
- Most of the houses in France are made of plaster of Paris.
- The people who followed the Lord were called the 12 opossums.
- A scout obeys all to whom obedience is due and respects all duly constipated authorities.

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Bucket Nuggets from Carol McCloud, *The Bucket Lady*

Children need to be carefully taught ... to love

I learned the power of giving and receiving at an early age.

My parents taught us that everyone deserves kindness and respect and explained that not everyone enjoys the same opportunities in life.

And then there was my great uncle, Frank Walsh. He was a wonderful man who made everyone he met feel special. He filled buckets every day with his friendly smile and kind words. He never owned a house or a vehicle, never had children and yet he was the happiest person I have ever known.

After his devoted wife, Lillian, died and he retired, Uncle Frank would go out for breakfast nearly every morning. He would frequently look around the coffee shop and spot someone who looked a little lonely or discouraged. He would quietly tell the waiter or waitress that he wanted to pay for that person's meal.

When my sister and I visited him in the summer, he would let us choose the person whose breakfast we would buy. To make sure we knew just what it feels like to be anonymously kind, he would collect our share of the meal's cost. We would hide and giggle. It was so much fun and felt so good.

I'm sure this random act of kindness filled our buckets more than it filled the bucket of the person whose breakfast we bought. And now, nearly fifty years later, I still regularly enjoy buying coffee or a meal anonymously.

Children need to experience both giving and receiving. They need to receive love unconditionally and learn how to express it to others.

Children must learn that nothing can separate them from their parent's love. Parents must learn that words, alone, are not enough.

Children respond to actions. We need to spend time with them, forgive them when they make mistakes, show that we believe in them and encourage them. And, perhaps, most important, help them experience the joy of being kind to others.

When we do all of that with love, balanced with lessons on responsibility, we'll be on our way to changing the world.



This week's winners

Congratulations!



Debbie Alexander, of Isle of Hope Elementary School in Savannah, Georgia is our Bucket Filler of the Week. Congratulations, Debbie! 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

"Those who bring sunshine to the lives of others cannot keep it from themselves."
—James Barrie, novelist and playwright; author of *Peter Pan*