

# BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

Week of SEPTEMBER 13, 2009 • Volume 3, Issue 14

## Making a Difference

June - August 2009

### PRESENTATION UPDATE

Sessions: 22

Attendance: 2,730

- Ameriprise Financial, Livonia, MI
- Blair Moody Elementary, Taylor, MI
- Cumberland Elementary, Lansing, MI
- Echo Grove Summer Camp, Davison, MI
- Guion Creek Elementary, Indianapolis, IN
- Immanuel Lutheran School, Macomb, MI
- J. E. Ober Elementary, Garrett, IN
- Leggett Street Primary School, Wauseon, OH
- Michigan Reading Association, Bay City, MI
- Mid-Michigan Community Action Agency, Farwell, MI
- New Haven School District, New Haven, MI
- Ottawa Hills Elementary, Toledo, OH
- Saginaw READ Association, Saginaw, MI
- Salem Preschool, Granger, IN
- St. Regis Catholic School, Bloomfield Hills, MI
- Vanderbilt Elementary, Vanderbilt, MI

**Total Bucketfilling Sessions Taught through August 31, 2009**

Sessions: **1,316**

Attendance: **178,480**

### BUCKET CHUCKLES

#### I have learned...

- ...never dare your little brother to paint the family car. Phillip, 13.
- ...that when I wave to people in the country, they stop what they are doing and wave back. Sara, 9.
- ...that if you want to cheer yourself up, you should try cheering someone else up. Jennie, 14.
- ... you don't pick on your sister when she's holding a baseball bat. Joel, 12.

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*Bucket Nuggets from Carol McCloud, The Bucket Lady*

## Lid Lesson

As we began the new school year, I had a flurry of questions from teachers who wanted to know more about "the lid".

The lid plays an extremely important role in bucket filling. However, it is a more difficult concept to teach and learn than the bucket or even the dipper.

The lid is also invisible and is vital in protecting our happiness. Adults easily understand that the lid represents their inner strength, their resilience in the face of adversity, and other negative emotions.

And, while children eagerly accept the idea that they each have a bucket and a dipper, they should also understand when or how to use their lids.

A few questions you can ask in review:

- How do we fill buckets? (*You'll hear a lot of wonderful answers*)
- What fills our buckets? (*Again, children understand this*)
- What dips into our buckets? (*Children know when someone or something makes them feel sad or bad*)
- What can we do when someone dips into our bucket? (*They can put their lids on their buckets so the good stuff stays in*)

And, finally the BIG question,

### What makes our lids work?

**WE DO!**

**We are using our lids when:**

- We understand that the person who is dipping has a problem— *their bucket is not full.*
- We don't dip back because we understand it won't help. Instead, we stop, think, and figure out what we can do.
- We ignore the dipping or respectfully ask them to stop.
- We ask the person who is dipping if something is wrong or if they need help.
- We always get help if we are scared or are being threatened or hurt.

It's good to explain that we only use our lids when we think our buckets need protecting. If we left them on our buckets all the time, no one could fill them.

I suggest that you find a bucket, a dipper, and a lid and have your children role-play ways they can protect their buckets.

And, remember, we love to hear your experiences with children who are learning about their buckets.

### This week's winners

## Congratulations!



**Kim Boling**, School Counselor for Ventana Vista Elementary in Tucson, Arizona, is our Bucket Filler of the Week. Congratulations, Kim! 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](http://www.bucketfillers101.com).

### Quote of the Week

**"Education is not the filling of a pail but the lighting of a fire."**—*W.B. Yeats*

