

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

Week of March 14, 2010 • Volume 4, Issue 6

Making a Difference

February 2010

PRESENTATION UPDATE

Sessions: 26

Attendance: 4,790

- Boyne City Elementary, Boyne City, MI
- Edison Park Elementary, Fort Myers, FL
- Green Primary School, Uniontown, OH
- Highland Elementary, Glasgow, KY
- Maxdale Elementary, Killeen, TX
- Minnesauke Elementary, East Setauket, NY
- NEMSCA Headstart, Bay City, MI
- Neptune Elementary, St. Cloud, FL

Total Bucketfilling sessions taught through February 28, 2010

Sessions: 1,606

Attendance: 227,650

BUCKET CHUCKLES

When a group of four-to-eight-year-olds was asked the meaning of "love," eight-year-old Rebecca explained it this way:



"When someone loves you, the way they say your name is different.

You just know that your name is safe in their mouth."

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Bucket Nuggets

By Kathy Martin, Education Director

Look and see

It's been a long time since I've seen any of the *Dick and Jane* books that were such an important part of learning to read when I grew up in the 1950s. But, when I do think of them, one of the first words that comes to mind is **look**.

Looking is an important part of living. When we take time to really look, we are able to clearly focus on what's happening around us.

When we make it a habit to look for good behavior we can then fill buckets with recognition and appreciation.

Looking can also draw our attention to those children and adults whose good behavior or attitude is more difficult to see. Filling these buckets is more challenging and requires us to realize that there will be times when we need to take a second or third look in order to find something positive that we can acknowledge.

Children, especially, thrive on recognition, which is an important part of healthy development. Look for children's good qualities and tell them how much they are appreciated. When you are unable to find something to recognize, you can fill children's buckets by creating a situation that allows them to succeed and feel good about themselves.

I've learned that children who need the most recognition often receive little or none. All children want to do things that please us and when they do, we will make them happy when we recognize them for their achievements.

There will be times when you will have to look deeply into someone's bucket to determine whether their bucket is not quite as full as it could be or nearly empty. These are the times when you need to ask yourself, "What can I can do to fill this bucket?"

Look.

See.

That's what bucket fillers do.



This week's winners

Congratulations!



Robbie R. Norman, Principal, Brickly McCloud Elementary School, Knoxville, Tennessee, is our Bucket Filler of the Week. Congratulations, Robbie! 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

"Let us not look back to the past with anger nor towards the future with fear, but look around with awareness." — James Thurber