

BUCKET FILL-OSOPHY 101™

Week of May 9, 2010 • Volume 4, Issue 10

Making a Difference

April 2010

PRESENTATION UPDATE

Sessions: 30

Attendance: 5,200

- Blue Water Association for the Education of Young Children, Marysville, MI
- Burger West School, Garden City, MI
- Child Development Services, Grand Ledge, MI
- Clayton Huey Elementary, Center Moriches, NY
- Dayton Avenue Elementary, Manorville, NY
- Eastport Elementary, Eastport, NY
- Georgetown Publishing, Toronto, Canada
- Salvation Army, Howell, MI
- Soda Creek Elementary, Steamboat Springs, CO
- Stratford Avenue Elementary, Garden City, NY
- Toth Elementary, Perrysburg, OH

Total Bucketfilling sessions taught through April 30, 2010

Sessions: 1,678

Attendance: 240,050

BUCKET CHUCKLES

Always remember that you are absolutely unique.
Just like everyone else.



Children seldom misquote you.
In fact, they usually repeat word for word what you shouldn't have said.

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Bucket Nuggets

By Kathy Martin, Education Director



Brandy and coffee

This morning I was a bit out of sorts as I got dressed, grabbed my bag, and headed for the office.

I occasionally drive through Tim Hortons for a cup of coffee and pay for the car behind me. But, today I was feeling “prickly” and just didn’t feel like going out of my way or thinking about someone else. Then I stopped and thought for a moment. *How will the way I feel and behave affect my day? Will I be any happier? Will the people around me be happier?* Of course not.

I decided that, whether or not I felt like it, I would fill a bucket today.

I stopped at Tim Hortons, parked the car, and went inside. The girl who usually greets me at the window met me at the counter with an apology. “I’m so sorry you had to come inside to place your order; the drive-through line is incredibly long today. We’re doing our best,” she said.

She must have assumed that I had come inside to complain. I asked her name (Brandy) and said that I had only come in to meet her and tell her how much I have appreciated her welcoming smile each time I stopped by for coffee. I wanted her to know how her pleasant voice and warm smile have brightened my drive to work and started my day on a happier note. I left Tim Hortons with a cup of coffee and a full bucket.

When we wake up feeling out of sorts or at odds with the world, bucket filling can be the last thing we want to do when it actually should be the first thing we do.

When you give a hug, a smile, words of appreciation or encouragement, or lend a helping hand, you fill someone’s bucket along with your own and the “pricklies” disappear.

Thank you, Brandy.



This week's winners

Congratulations!



Nance Hinchliffe of Manorhaven School, Huntington, New York, is our bucket filler of the week. Congratulations Nance! 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

“Some days there won’t be a song in your heart. Sing anyway.” Emory Austin