

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

Week of November 7, 2010 • Volume 4, Issue 19

Making a Difference

October 2010

PRESENTATION UPDATE

Sessions: 49

Attendance: 8,940

- Alamo Elementary, Kalamazoo, MI
- Birch Elementary, Merrick, NY
- Campus Kidz, Howell, MI
- Delaware Association for the Education of Young Children, Newark, DE
- Diocesan Institute Day, Grand Rapids, MI
- Eton Academy, Birmingham, MI
- Harbor Hill Elementary, Greenvale, NY
- Harley Avenue Elementary, East Northport, NY
- Jefferson Elementary, Cloverdale, CA
- Lee County School District, Fort Myers, FL
- Manzanita Public Charter School, Vandenburg AFB, CA
- North Coleman Road Elementary, Centereach, NY
- Prairie Elementary, Adrian, MI
- Prince of Peace Lutheran School, Fremont, CA
- Rogers Early Elementary School, Allen Park, MI
- Twin Pines Elementary, Brentwood, NY
- Westwood Elementary, Warren, MI
- Wheeler Avenue School, Valley Stream, NY
- Wood Park Primary School, Commack, NY

Total Bucketfilling sessions taught through October 31, 2010

Sessions: **1,837**

Attendance: **265,440**

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Bucket Nuggets

By Carol McCloud, the Bucket Lady

Without questions...

There would be no answers

I grew up as a curious child and as an adult have realized that it's essential to question things.

Curiosity played a role in my decision to write *Have You Filled a Bucket Today?* I asked myself, "Could a simple picture book teach the importance of daily kindness?" Parents, teachers and kids have answered with an enthusiastic "yes!"

Our newest book, the sequel for ages 9-14, *Growing Up with a Bucket Full of Happiness*, answers another question: Could understanding three simple concepts (the invisible bucket, dipper, and lid) and mastering three simple rules (be a bucket filler, don't dip, and use your lid) actually give our youth the tools and the understanding they need to live happier lives? I think the answer to these questions will also be "yes."

If you've watched TV, listened to the recent political campaign rhetoric, or read the news lately you've undoubtedly noticed a significant increase in negativity, name-calling, and put-downs. This negative behavior in the adult world flows down to our youth and teaches them that being mean is acceptable behavior.

I believe that *Growing Up* counters these messages by teaching our youth how to be kind, compassionate, resilient, and courageous in a world that will never will be perfect. I also believe these important character traits can be taught, learned, and practiced and will ultimately lead to happier lives.

Every time I hear another story about young people tormenting others through bullying, harassment, and invasion of privacy, I ask questions. Why do kids do this? What are they getting out of this behavior? Do they really think it's funny? Do they truly want to hurt this person to the extent that the person believes that ending their life is the only solution? Have they thought about the possible consequences?

Can we help our youth to think more clearly before they act out, therefore, reducing the incidence of these cruel behaviors? At the same time, can we help the targeted victims see that it's the abusive people who have the problem, not them?

I believe kindness, compassion, resilience, and courage can be learned and, since we're the adults, it's up to us to teach it. It's my deepest desire that *Growing Up* gives readers the necessary tools to live kinder, more resilient, and more courageous lives that truly are filled with happiness.

To pre-order your copy and the accompanying, My Bucketfilling Journal, at a 25% discount, visit www.shop.bucketfillers101.com by December 15, 2010.

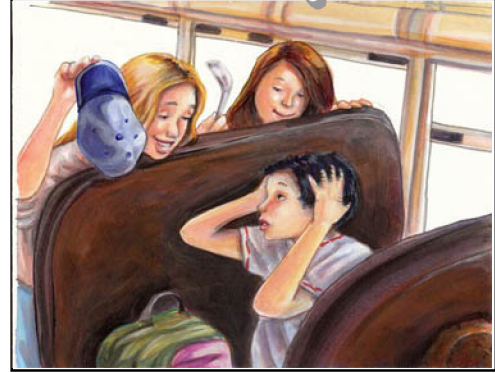
This week's winner

Congratulations!

Laurie Anello-Vail, of Stony Point, New York, is our bucket filler of the week. Congratulations, Laurie! You have a book coming your way. Every bucket filler is a winner. Encourage your friends to get their buckets filled by subscribing to our free e-newsletter at www.bucketfillers101.com

Quote of the Week

"Curiosity is the wick in the candle of learning."—William Arthur Ward



Growing UP illustration by Penny Weber