



# BUCKET FILL-OSOPHY 101™

Weekly Words of Wisdom to Keep Your Bucket Filled

Volume 5, Issue 7

Week of April 3, 2011

## Making a Difference

### March 2011 ■ Presentations

Sessions: 31 ■ Attendance: 5,580

- #2 School, Inwood, NY
- Bennett Elementary, Detroit, MI
- Britton-Deerfield Public School, Deerfield, MI
- Cedar Crest Elementary, Greenville, MI
- Davis Elementary, Malone, NY
- Larson Elementary, Harrison, MI
- McVey Elementary, East Meadow, NY
- Michigan Association for the Education of Young Children Annual Conference, Grand Rapids, MI
- Mount Pisgah Christian School, Alpharetta, GA
- Pritchett Elementary, Buffalo Grove, IL
- Sunrise Drive Elementary, Sayville, NY
- Sunset Lake Elementary, Vicksburg, MI
- Tripp Elementary, Buffalo Grove, IL

Total Bucketfilling sessions taught through March 31, 2011

■ Sessions: 1,980

■ Attendance: 294,540

## Bucket Chuckles

COULD BE....

**Teacher:** George Washington chopped down the cherry tree and then admitted it. Does anyone know why his father didn't punish him?

**Brian:** Because he still had the axe in his hand?

KIDS ON CLOUDS

- "Clouds just keep circling the earth around and around; there's not much else for them to do."

- "Clouds are high-flying fogs."

- "I'm not sure how clouds are formed, but the clouds know how to do it, and that's the important thing."

## "Is it hard to be a bucket filler?"

by Carol McCloud

I love to spend extra time visiting students in their classrooms. Their thoughtful questions asked in an attempt to learn more about bucket filling often amaze me.

Last month, I returned to Davis Elementary in upstate New York. For the past two years, Principal Dupree, Assistant Principal Finnerty, and the entire staff have worked to create a very positive, bucketfilling school environment. It was an honor to be invited back to Davis and see true bucket filling at work in this school.

While most of my surprise classroom visits are to upper elementary classrooms, Davis is a Pre-Kindergarten to Grade 2 School and when I stopped by one first-grade classroom a young man asked, "Is it hard to be a bucket filler?" "No," I answered, "bucket filling is not hard unless no one has taught you how to do it or your bucket has been dipped and you're sad, upset, or angry."

I could not do work that requires frequent air travel, car rentals, rush-hour traffic, locating remote destinations, and overnight hotel stays if I allowed myself to become so upset that I complain every time a plane was late or something didn't go the way I had hoped. I've had to learn to control my emotions and my words until I'm able to avoid dipping and calmly consider my options.

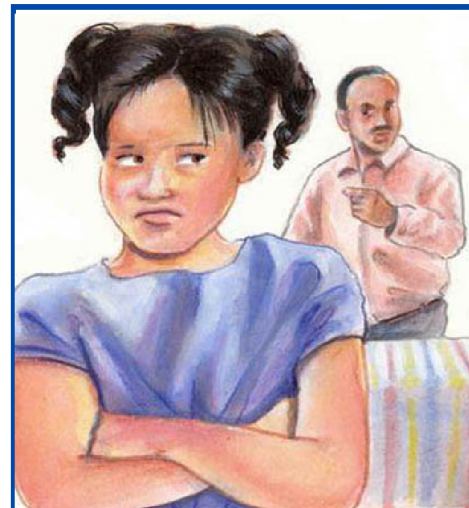
With practice, both children and adults can learn to control negative emotions. First, avoid saying anything when you are angry. Allow yourself time to calm down. Then, when your anger has subsided, you can rationally determine the best way to proceed.

We all have days when we feel upset, disappointed, frustrated, or angry. But, acting on these negative emotions by complaining and criticizing will not help and often leads to bucket dipping.

Learning to control negative emotions requires determination and practice.

Make it a habit to practice. When you do, you will find it much easier to fill buckets.

Every day.



Growing UP illustration by Penny Weber

## Congratulations Catherine!

**Catherine Garner**, of Powder Springs, Georgia, a mother who home-schools her four children, is our bucket filler of the week. 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](http://www.bucketfillers101.com)

## Words of Wisdom

Our lives are not determined by what happens to us but by how we react to what happens, not by what life brings to us, but by the attitude we bring to life. A positive attitude causes a chain reaction of positive thoughts, events, and outcomes. It is a catalyst, a spark that creates extraordinary results.—Anonymous