



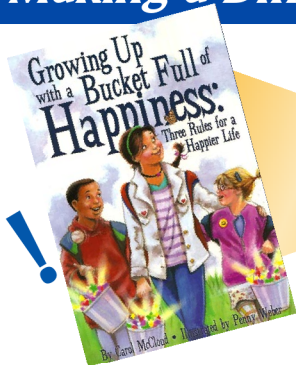
# BUCKET FILL-OSOPHY 101™

Weekly Words of Wisdom to Keep Your Bucket Filled

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Week of May 15, 2011

## Making a Difference



# 5!

### Exciting News!

We're thrilled that our third book, **Growing Up with a Bucket Full of Happiness: Three Rules for a Happier Life** has received five awards since publication five months ago.

What is even more exciting and rewarding is to hear from teachers whose students are reading the book and incorporating the daily practice of kindness into their lives.

### AWARDS

- 2010 - DIY Book Festival, Honorable Mention (Young Adult category)
- 2010 - London Book Festival, Honorable Mention (Teenage category)
- 2010 - New England Book Festival, Honorable Mention (Young Adult/Teenage category)
- 2011 - Mom's Choice Awards, Gold Recipient, Juvenile Level 2 Books (Inspirational/Motivational)
- 2011 - NABE Pinnacle Book Achievement Award (Best Books in the Category of Children's Interest)

## Do the Right Thing

by Carol McCloud

Whether it's a child dealing with "meanies" at school, an adult in the midst of a hostile divorce, a parent with a rebellious child, an employee with a condescending boss, or any challenging situation, my advice is to **stop, think**, and then **decide to do the right thing**. As a bucket filler, it is essential to resist any temptation to react negatively and dip back. This is one of the most important aspects of bucket filling.

Being a bucket filler does not mean rolling over and letting someone else take advantage of you or demean you. Nor does it mean ignoring or standing by while someone does something wrong.

You can approach a person without being confrontational if you calm down and think carefully and rationally about what to say. You will need to think through the whole situation and make a sincere effort to understand the other person's point of view.

When our buckets have been dipped and we're upset, more often than not, we shout and say things we really don't mean. In bucketfilling language, that's dipping back, which usually makes a situation worse. In the end, we either regret what we said or did or we attempt to justify our behavior by telling ourselves that the person "deserved it."

During school assemblies, I will often ask children, "If someone is mean to you or someone else, does that give you the right to be mean back?" The resounding answer is always, "No!" While even young children understand this on a thinking level, it's different when their own emotions are involved.

Emotions take over if we don't take time to think. Unless we reign in our injured feelings and stop to think before we speak, we will undoubtedly lash out in frustration, anger, injured pride, or another negative emotion.

Finally, as you strive to do the right thing, be careful who you turn to for advice. Friends and family often take sides, which usually makes a difficult situation worse. It's best to find someone who will help you sort through your thoughts and feelings and then give you the encouragement to do right thing, sincerely and without delay.

Doing the right thing is not always easy, but the reward is huge: **A full bucket.**



and



## Bucket Chuckles

### It never hurts to speak up



**Susan** (age 4) was drinking juice when she got the hiccups.

"Please don't give me this juice again," she said, "it makes my teeth cough."

## Congratulations Kathy!

**Kathy McGonagle**, of Lansing, Michigan, 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

"Heroes are the people who do what has to be done, when it needs to be done, regardless of the consequences."— *Author unknown*