

# YOUR BUCKETFILLING WORKSHOP

## Bucketfilling Ideas to Create Bucketfilling Schools

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### STEP ONE:

## Creating a Bucketfilling School

by Carol McCloud, *The Bucket Lady*

A brand new year and a brand new version of Bucket Lessons!  
Many school principals, counselors, and teachers have asked us,  
“Where do we begin in our school?”

So I thought that a 12-part series on how to create a bucketfilling school  
would give you a “blueprint” to follow.

This special series will begin today and be published on alternate weeks  
through the week of June 13, 2010.

We will also post these workshops on our website’s Resources Page along  
with past issues of *Bucket Fill-osophy* and *Bucket Lessons*.

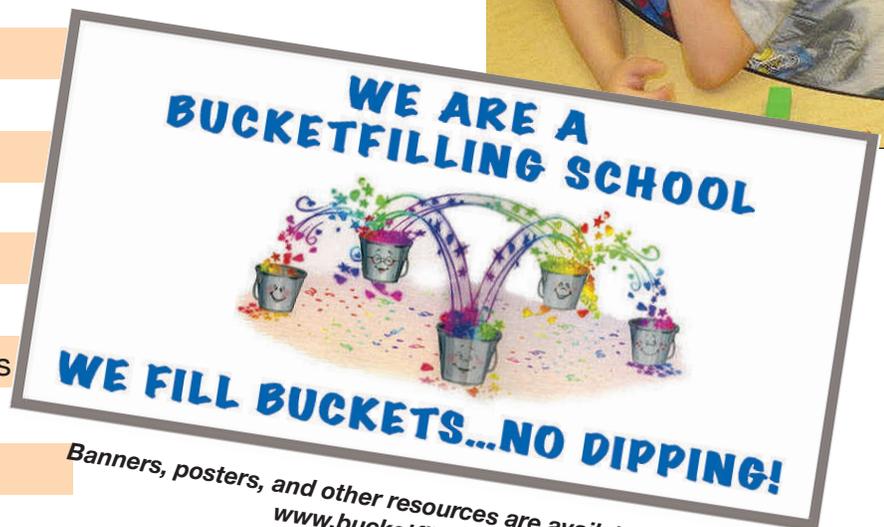
- Bucket filling has become one of the most popular character development programs in elementary schools because of its simplicity and effectiveness.
- Bucket filling creates positive energy in schools that is contagious.
- Bucket filling reduces negativity and self-centeredness and increases kindness, compassion, resiliency, and other-centeredness.

Adults are not immune to this wonderful contagion and they enjoy its benefits as they practice and master bucket filling along with the children. Everyone’s bucket gets filled!

With so much going on in the world today, and the extra challenges we face, it is more important than ever to practice bucket filling.

### Your Twelve-Step Bucketfilling Workshop will include:

1. Creating a bucketfilling school
2. Introducing the concept to staff
3. Introducing the concept to students
4. Making a school-wide statement
5. Distributing buckets to staff
6. Recognizing bucket filling
7. Welcoming new students
8. Creating a friendly competition
9. Being a bucket filler to parents and students
10. Using support buckets
11. Taking the concept home
12. Creating a school-wide event



Banners, posters, and other resources are available online at  
[www.bucketfillers101.com](http://www.bucketfillers101.com)