



YOUR BUCKETFILLING WORKSHOP



Bucketfilling Ideas to Create Bucketfilling Schools

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STEP TEN

Using support buckets

Loss is a part of life. It comes to us in many different ways; moving away from friends and family, serious illness, accidents, death of a pet or a family member. Loss empties our buckets and leaves us confused and frightened. When someone experiences a loss, it can be difficult for others to know how to respond.

We've discovered that a "support bucket" is a wonderful way to express compassion and caring for someone who is suffering from tragedy or loss. While a support bucket will not magically eliminate hurt, it will help us feel better to know that others care. Anyone who has experienced loss will tell you that heartfelt sympathy notes, loving hugs, or words of comfort helped to ease their pain.



How to use a support bucket:

- Have a few small buckets in each classroom to use whenever someone in your class, school, or community suffers a loss.
- When appropriate, explain what has happened. For example, "Greg will be out the rest of the week because his grandfather died", or "Danielle's family is moving away and her last day at school will be Friday."
- Discuss how empty this classmate's bucket must be and ask your students if they would like to help.
- Give each child a sheet of paper to write a bucketfilling note. Help each child start their letter or let them compose their own. A good start might be: "Dear _____, I'm sorry _____. I hope this fills your bucket...."
- Encourage creativity. Suggest a picture or poem that expresses their sympathy and support.
- If the absent student is going to return to school, have the children put their notes in the support bucket. Other situations may require delivering or mailing their bucketfilling messages.
- When the student returns to school, have your class prepared to express their sympathy with welcoming hugs and a bucket full of notes. Explain that the class has filled a bucket just for them to take home, read, and share.

This exercise in group bucket filling can also be used to celebrate happy occasions or proud achievements. Group bucket filling expresses love and support when sad or bad things happen and is a wonderful way to share the good times.

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For more ideas, go to our Resources Page at www.bucketfillers101.com

Download and print past newsletters and classroom ideas. If you are interested in a Bucket Fillers Professional Development Seminar (from 45 minutes to three hours long), call 810 229-5468 or email us at info@bucketfillers101.com.