

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

Week of February 10, 2008 • Volume 2, Issue 6

Making a Difference

January 2008

PRESENTATION UPDATE

Sessions: 37

Attendance: 4,630

- Apollo Elementary, Highland, MI
- Barnes & Noble Bookstore, Brighton, MI
- Conant Elementary, Bloomfield Hills, MI
- Dolsen Elementary, South Lyon, MI
- DuVall Elementary, Dearborn, MI
- Hartland High School, Hartland, MI
- Hillside Elementary, Farmington Hills, MI
- Lake Spokane Elementary, Nine Mile Falls, WA
- Model Elementary, Ypsilanti, MI
- Nine Mile Falls Elementary, Nine Mile Falls, WA
- Oak Ridge Elementary, Royal Oak, MI
- Orchard Hills Elementary, Novi, MI
- Pine Knob Elementary, Clarkston, MI
- Randolph Elementary, Livonia, MI
- South Lyon Public Library, South Lyon, MI
- Sunshine & Rainbows Preschool, Westland, MI
- Ward Christian Preschool, Northville, MI

Total Bucketfilling Sessions Taught through January 31, 2008

Sessions: 580

Attendance: 59,280



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[Bucket Nuggets from Carol McCloud, The Bucket Lady](#)

What's in your bucket today?

Part Two

Last week, a child's question prompted me to discuss the subject of dipping in one's own bucket; how it's possible to dip to the point of transforming your own bucket into a sieve that fails to hold good thoughts or feelings of love.

This week I'd like to explore the impact on children who are regularly exposed to bucket dipping.

From the time they are babies, our children emulate what they see around them. We bend lovingly over a crib and smile and are ecstatic when that smile is returned.

Later, parents often express their concerns aloud in front of a toddler, who may not understand what is being said, but can easily pick up on body language, tone of voice or facial expression. They can sense sadness, anger, or frustration. Those emotions, if repeated often enough in their presence, can silently slide into a child's bucket.

The little one can "learn" from mommy and daddy that this is the way one deals with life. And, as they grow, they emulate the attitudes and repeat the words of their parents and adults around them, whose influence is enormous.

There is a term used in self-help books—"awful-izing."

This happens when we take, for whatever reason, a life situation and, without thinking, label it "awful." We fail to take the time to look closely or carefully at this "awful" situation and discover the good, if any, that could come from it or realize that it could have been worse. If it is truly awful, and there are certainly enough terrible things that occur on a regular basis, we often do not collect our thoughts, center ourselves and calmly determine the best approach to the situation.

In our bucketfilling assemblies, we discover children who are victims of adults who dip into their own buckets and in so doing, dip into their child's bucket. If the child is old enough to understand, and these days, so many are older than their years, we describe bucket lids and how to use them.

We have all "awful-ized" in our lives and will again, however, it falls to the adults in this world to protect our little ones from seeing or hearing a steady stream of complaints about how the world seems to be treating us.

When you are careful of what you say and how you say it, you are truly an advanced bucket filler.

[This week's winners](#)

Congratulations!



Kim Swanson, first grade teacher at Longfellow Elementary School, Wheaton, Illinois, is our Bucket Filler of the Week. Congratulations, Kim! You have a book coming your way.

Every bucket filler is a winner! Encourage your friends to get their buckets filled every week by signing on for our newsletter at

www.bucketfillers101.com.

[Quote of the Week](#)

We can only learn to love, by loving. -- *Iris Murdoch, Irish author*

