

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

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Making a Difference

A valuable resource

Debra L. Reinisch is an elementary counselor and when she heard about "Have You Filled a Bucket Today?", she used it to "jump start" her K-5th grade character education incentive program.

"I am happy to say this book has been a tremendous success in our building.

Everyone understands about filling and dipping, the concept is so simple and yet so powerful.

I also designed a bulletin board with two half buckets where this beautiful colorful stars and hearts confetti went from bucket to bucket with the title "Have you filled a bucket today?"

Thank you for such a valuable resource."

BUCKET CHUCKLES

After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair.

As she heard the children getting more and more rambunctious, her patience grew thin.

Finally, she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings.

As she left the room, she heard the three-year-old say with a trembling voice, 'Who was THAT?'



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Bucket Nuggets from Carol McCloud, *The Bucket Lady*

Three keys to happiness

Are you happy? Is your bucket full most of the time? We often ask these questions in our assemblies.

Nearly all the children in our elementary school assemblies enthusiastically raise their hands. Their buckets seem to be full. However, very few middle and high-school students raise their hands. Sadly, most teenagers confess that their buckets are not filled with good thoughts and feelings. For various reasons their happiness has been replaced by depression, anxiety and inferiority, to name a few conditions afflicting these budding adults.



There are undoubtedly many reasons for this lack of happiness. In its March 2008 issue, *Metro Parent Magazine* in metropolitan Detroit attempted to unlock the secret of happiness in an interview with our own Brooke Johncox (at left), a member of the Bucket Filling team and a presenter in many of our school assemblies.

Brooke is 28, married, with a three-year-old son, and a new baby. She has a large extended family, many long-time friends with whom she keeps in contact, and is a teen youth leader in her church.

A few years ago, before marriage and children, Brooke considered "freedom"—to come and go as she wished—the equivalent of happiness. Today her ideas about happiness have changed.

"When you feel **connected** to others, you get your bucket filled just being together," she said and defines "**contentment**" as being happy in the present moment and realizing happiness is internal, not external.

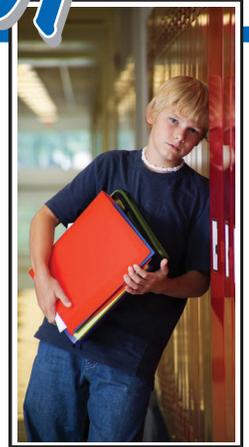
Psychologists agree that contentment is one key to happiness. Being happy with who you are and where you are right now in your life, does not preclude setting goals and working to accomplish them. In fact, doing so is another way to enjoy happiness.

"The No. 1 culprit of unhappiness in children is this busy, busy lifestyle that we have," Brooke told *Metro Parent*.

"Just doing things together helps children feel loved and fills their buckets. People are so busy that they're not (living) in the moment.

It's important to stop, look and listen. For parents, that means asking your kids questions and being interested in what they are doing. They'll feel that their opinions, interests and abilities count for something and it fills their buckets."

As adults we must offer our children an atmosphere of contentment, connection with others and show pride in their accomplishments. Perhaps then, our teenagers will have buckets that are full as they discover the true meaning of happiness.



This week's winners

Congratulations!



Valerie Fred, Operations Support Specialist, with Karmanos Cancer Center in Detroit, Michigan is our Bucket Filler of the Week. Congratulations, Valerie! 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

"Cherish all your happy moments: they make a fine cushion for old age."

Christopher Morley 1890-1957