

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

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Making a Difference

Blessed by a blog



GOOGLE™, that indispensable web site, recently alerted us that our book has received a very nice online review. *Kids by the Sea* Located in New York, provides child services that include child sitting, separation classes and stress-free birthday parties. *Kids by the Sea* filled our buckets with the this post on Merchantcircle.com:

"We have been reading the book, *Have you filled the bucket today? A guide to daily happiness for Kids*. It's a great book that encourages positive behavior.

Children see how very easy it is to be rewarding to others and in return make themselves happier. It shows them how to express happiness, appreciation, and how to love on a daily basis.

The children love reading it and we have seen a change in them. They are doing random acts of kindness, expressing themselves and overall showing appreciation towards everyone."

BUCKET CHUCKLES

One summer evening during a violent thunderstorm a mother was tucking her small boy into bed.

She was about to turn off the light when he asked with a tremor in his voice, "Mommy, will you sleep with me tonight?"

The mother smiled and gave him a reassuring hug. "I can't dear," she said. "I have to sleep with Daddy."

A long silence was broken at last by his shaking little voice, "The big sissy."

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Bucket Nuggets from Carol McCloud, The Bucket Lady

H&K Your Best Friends

(HUG&KISS)

I often ask the children who attend our assemblies to tell me what "BFF" means. Many raise their hands, including those in preschool and kindergarten.

At first I was surprised that the youngest children, who are in the early stages of learning the alphabet, know this acronym.

In fact, many of the children eagerly call out the correct answer—**"Best Friends Forever!"**— a favorite text message abbreviation and the only answer I have, as yet, received.

After congratulating them on their correct answer, I ask, "BFF could also mean something else, can anyone guess what?" After a bit of thinking, a few hands pop up. At least one child will come up with the words I am looking for— **"Bucket Fillers Forever."**

"Great thinking!" I reply and follow up with a third question, "Can you be someone's best friend and not be their bucket filler?"

Their resounding, "No!" tells me that the children understand what bucket filling is all about. I believe that both kinds of BFFs are essential to the happiness of adults as well as children.

Your best friends fill your bucket in many wonderful ways. 'Hanging out' with a best friend fills your bucket. Best friends help you feel good about yourself. I often quote Ralph Waldo Emerson, who said, *"The only way to have a friend is to be one."*

Think about your best friends. You laugh together. You talk. You go places. You have fun. You share thoughts, feelings, hopes and dreams.

Your best friends are there when you need them most; they get you through the tough stuff. We've all heard people say, "She's my sister but, she's also my best friend." Yes, relatives can be the best of friends.

I wonder whether you've told your best friends how much they mean to you? Have you filled their buckets lately by letting them know how special they are to you?

Last month as several of my best friends celebrated June birthdays, I made sure that I told them how much they mean to me. They deserve to know that my life wouldn't be as rich without them.

Friendship is not a big thing – it's a million little things.

Someone once said that the best kind of friend is one with whom you can quietly sit on a porch, neither of you saying a word, and, upon leaving, feel as though you've just had a great conversation.

Who knows? The next bucket you fill could belong to a wonderful new BFF.

This week's winners

Congratulations!



Jeneane Rupert of Children's Choice of Highland Ranch, Highlands Ranch, Colorado is our Bucket Filler of the Week. Congratulations, Jeneane! 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

"A true friend reaches for your hand and touches your heart."

—Author unknown

