

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

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Making a Difference

A Parent's Gratitude

Stephanie Simmons, of Wisconsin, is a stay-at-home mom, Girl Scout leader and former early childhood teacher. She began by reading the book several times and said in her e-mail:

"Being a busy mom, I haven't utilized the (bucket filling) language yet. However, my kids taught me that they understand bucket filling, even without my help.

Just the other day, my two and five-year-old were playing in the living room while I was making dinner.

I heard my two-year-old say in his sweet baby voice, "You are dipping in my bucket!" and my five-year-old replied, "Oh, sorry!" No fight, no tattling or tears at all.

This is BRILLIANT! Because of you my children have the skills and the language to problem-solve and communicate.

It brings tears of joy to my eyes to witness it.

In addition to using bucket filling in my home, I plan to use it with my Girl Scout Troops next school year.

My ultimate goal is to share bucket filling with my local school district, so they can adopt the program.

I wish I had found your web site when I was teaching, but I am thrilled to have found you now, when I am parenting."

BUCKET CHUCKLES

The teacher asked her class to give her a sentence about a public servant,' A small boy wrote: "The fireman came down the ladder pregnant." The teacher took him aside.

'Don't you know what pregnant means?' she asked.

"Sure,' he confidently replied, "It means carrying a child."

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Bucket Nuggets from Carol McCloud. The Bucket Lady



They rose to the challenge

This week's Nugget is comes from Sara Duncan, a kindergarten teacher for Littleton Public Schools in Colorado.

Last fall, I began searching for a book that would help my kindergarten students focus on positive interactions in our classroom. As I searched the Internet, I was thrilled to discover *Have You Filled a Bucket Today?* My students grasped the concept immediately and we quickly

became a classroom of bucket fillers. However, as the year unfolded I observed an even more powerful outcome of the bucket concept.

One student in our classroom consistently struggled socially. He would often do or say things to make other students feel bad. I knew his home situation and recognized what might be prompting his behavior, however this was not obvious to his classmates and I could tell they were starting to avoid him because of his behavior.

Not long after bucket filling was introduced in our classroom it occurred to me that this would be an excellent way to help this particular student. So, when his classmates reported that he had said something mean to them, I would validate their hurt feelings and then add, "His bucket must be really low today. Is there something you could do to fill it up." At first this was met with great hesitation or flat out refusal, but after a short time students began recognizing his behavior was because of an empty bucket instead of thinking he was a mean person or someone who didn't like them.

As a result of having his bucket filled this little boy's unkind behavior decreased and he began making friends. By the end of the school year, he was being invited to birthday parties and on play-dates.

I am so grateful for the concrete idea of bucket-filling to help my five and six year-olds understand the abstractness of this student's situation.

Bucket-filling influenced our classroom and lives in more ways than I could have imagined!

This week's winners

Congratulations!



Jennifer McCrystal, reading coach at Bukhorn Elementary School, Valrico, Florida is our Bucket Filler of the Week. Congratulations, Jennifer! 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

"Forgiveness does not change the past, but it does enlarge the future."

—Paul Boese, Dutch Physician/Botanist, 1668-1738