

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

Week of NOVEMBER 9, 2008 • Volume 2, Issue 45

Making a Difference

OCTOBER 2008

Presentations

Sessions: 65

Attendance: 11,850

- Bay Arenac Reading Council, Bay City, MI
- Bennett Elementary, Detroit, MI
- Central Elementary, Davison, MI
- Cleveland Elementary, Port Huron, MI
- Country Oaks Elementary, Commerce Twp., MI
- Dresden Elementary, Sterling Heights, MI
- Forest Elementary, Farmington Hills, MI
- Garfield Elementary, Wyandotte, MI
- Grand View Elementary, Grandville, MI
- Hidden Springs Christian School, Howell, MI
- Jack Harvey Elementary, Utica, MI
- Jackson Northwest School District, Jackson, MI
- Jefferson Elementary, Cloverdale, CA
- Kenbrook Elementary, Farmington Hills, MI
- Mann Elementary, Springfield, MO
- Mason Central Elementary, Erie, MI
- Maybury Elementary, Detroit, MI
- Mayflower Preschool, Grand Rapids, MI
- Michigan Counseling Association, Dearborn, MI
- Neinas Elementary, Detroit, MI
- Pierceton Elementary, Pierceton, IN
- Prairie Point Elementary, Oswego, IL
- Santapogue Elementary, West Babylon, NY
- Snow Elementary, Dearborn, MI
- South Bendle Elementary, Burton, MI
- Thomas Jefferson Elementary, Redford, MI
- Tomek-Eastern Elementary, Fenton, MI
- Vandenberg Elementary, Redford, MI
- West Oakview, Elementary Grand Rapids, MI

Total Bucketfilling Sessions through 10/31/08

Sessions: 877

Attendance: 112,330

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Bucket Nuggets from
Carol McCloud, *The Bucket Lady*

Doing it right

Having spent part of my life as an employee of a group of community newspapers, I was interested in an article that appeared in the New Jersey Gloucester County Times. There are some very good ideas in journalist Jessica Driscoll's story, "At Glassboro school, buckets full of miracles."

Students and staff at the Dorothy L. Bullock School are filling buckets full of compliments and positive remarks for their peers, a psychology technique meant to improve attitude and create a more cohesive school community.

"At an educational convention, we were told about a book called *Have You Filled a Bucket Today?* by Carol McCloud that is based on the theory that everyone carries an invisible 'bucket' that is full when we feel good about ourselves and empty when we don't," said school counselor Phyllis Bullock-Beaufait. "Based on that, we launched a campaign to be on the lookout for positive things happening within the staff."

Bullock-Beaufait explained that staff members were asked to fill in cards shaped like raindrops with positive comments about other teachers and faculty members and leave them in their respective buckets. At the end of each week, those with the most drops were eligible for a small prize.

"It was important to start with the staff because teachers giving each other pats on the back set an example for the students," said Bullock-Beaufait. "They then began talking to their students about filling their classmates' buckets instead of 'dipping,' which means to make a negative comment or take something away from another person."

Bullock-Beaufait also sent a letter home with each child, explaining the concept to parents and encouraging them to ask children about their days and to reward them by filling their buckets.

Classes have taken different approaches to the technique. Some have bulletin boards where students can put messages, some have group discussions and others have buckets with raindrops just like those for the staff.

"When the students saw that the adults were also participating, they were more eager to join in," said Principal Joseph DePalma. "In the three weeks we've been in school, we've seen high energy. We've seen our staff teaming up and having more conversations which are beneficial to the educational atmosphere."

"And when the children have 'full buckets' we see better behavior," added Bullock-Beaufait. "The students are getting the attention they crave but it's positive and it's on our terms."

Ultimately, teachers and administrators hope the bucket filling techniques prepare students for an easier transition into the world.

"We're hoping that when they face difficulties in their futures, they will be able to draw strength from the positives," said Bullock-Beaufait. "We want them to be resilient."

This week's winners

Congratulations!



Jennifer Bailey, a first-grade teacher at Harvey Swanson Elementary in Ortonville, Michigan 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

"A mother is not a person to lean on but a person to make leaning unnecessary.

Dorothy C. Fisher (1879 - 1958)

