

BUCKET FILL-OSOPHY 101

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Bucket Nuggets

By Kathy Martin, Education Director

Our past affects our future



Every day we are offered an opportunity to create a bucketfilling memory with someone.

Children, especially are in need of “fond memories”. Our childhood memories linger in our hearts and as we grow older we recall them. We might remember collecting tadpoles on a sunny afternoon, swinging higher and higher under grandpa’s gentle push, the delight of our first pet, the mixture of eagerness and excitement on our first day of school. I’m sure you have memories that are similar to these.

Images of the past evoke strong feelings and emotions and give our memories surprising power.

Think, for a moment, about your school memories. I can remember being excited about picking out clothes, shoes, and school supplies and then making sure they were ready for the first day of school. I remember walking to school with my friends, doing well on the spelling bee, and getting an “A” in handwriting. When I recall those bucket filling memories, I feel happy, proud, and confident.

But some of my memories are not as fond; they dipped into my bucket years ago and still have power today. I can still remember the day I was told to go to the chalk board and solve a math problem. Then there was the afternoon that I didn’t make the track team because I wasn’t fast enough. Or the anticipated party invitation that never arrived. These bucket dipping memories created feelings of self-consciousness, embarrassment, and exclusion.

When we access memories of bucket filling or dipping, we call up images and feelings that can affect how we approach life.

As teachers, parents, and caregivers we have a wonderful opportunity to help create memories for a child that are filled with laughter, love, caring, kindness and understanding; memories that will fill their buckets for a lifetime.

This week’s winners

Congratulations!



Joyce Gilmour of Brooklyn Elementary School, Brooklyn Wisconsin is our bucket filler of the week. Congratulations Joyce! 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.

Making a Difference

Wedding story

The following comes from Jennie Fitzkee, a teacher at Groton Community School in Groton, Massachusetts.

“Our preschool adopted ‘Fill-A-Bucket’ as a school-wide theme this year. It is a huge success. The children are excited and proud to do good things for their classmates and fill buckets.

When Fill-A-Bucket goes beyond the classroom, we know we have succeeded.

A child in our class, who was the ring bearer in a family wedding, serves as a wonderful illustration.

Everyone at the wedding was stunned to learn that an aunt who had come to the wedding had just lost her son.

However, the little ring-bearer didn’t know about her loss.

As this child walked up the aisle, he stopped when he saw the Aunt, who looked so very sad.

He then walked over to her, gave her a big hug, and continued down the aisle.

There wasn’t a dry eye in the house.

When his Mom asked him why he did that, he said, ‘I just wanted to fill her bucket’.

It doesn’t get any better than that!”
No, Jennie, it doesn’t.



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Quote of the Week

“They may forget what you said, but they will never forget how you made them feel.”

Carl W. Buehner (1898-1974) Mormon leader, businessman and author