



Bucket Fillers

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Making a Difference

January 2011
Presentation Update

Sessions: 38
Attendance: 8,350

- Alpha Omicron Pi Sorority, Kalamazoo, MI
- Attwood Elementary, Macomb, MI
- Cornell Elementary, Okemos, MI
- Dr. S.G. Knight Elementary, Little Falls, MN
- Glens Valley School, Indianapolis, IN
- Grand Blanc Academy, Grand Blanc, MI
- Harold D. Fayette School, Merrick, NY
- Joyce Keld Elementary (PS 117), Briarwood, NY
- Lincoln Elementary, Little Falls, MN
- Lindbergh Elementary, Little Falls, MN
- Norman J. Levy-Lakeside School, Merrick, NY
- Old Mill Road School, Merrick, NY
- Paint Creek Elementary, Lake Orion, MI
- Pattengill Elementary, Berkley, MI
- Roland A. Chatterton School, Merrick, NY
- Strawberry Park Elementary, Steamboat Springs, CO
- Zilwaukee International Studies School, Saginaw, MI

Total bucketfilling sessions
taught through
January 31, 2011

Sessions: 1,933
Attendance: 285,990

Bucket Fill-osophy 101™

WEEKLY WORDS OF WISDOM TO KEEP YOUR BUCKET FILLED

VOLUME 5, ISSUE 3

WEEK OF JANUARY 30, 2011

What buckets, dippers and lids teach

Bucket Nugget by Carol McCloud, the Bucket Lady

The value of understanding the simple concepts of the invisible bucket, dipper and lid is tremendous. Over the test of time, I've seen and heard firsthand how these three concepts have helped people of all ages. I've heard stories of success from parents, teachers, and children. I've read many useful and informative teacher and counselor blogs that praise its value. And, while I have heard and read how these concepts have helped others, they have also helped me sort out my emotions, daily challenges, and personal choices.

I like that when we teach "bucket filling", we are teaching important character traits, such as kindness, fairness, responsibility, respect, honesty, and compassion. We are teaching children to think of others.

When we help children recognize and avoid "dipping", we are teaching them to think before they speak, to learn to control their emotions and actions, and to consider the consequences of their behavior before they act.

And, when we teach about "the lid", we teach empathy, assertiveness, and conflict-resolution as children begin to understand that the fullness or emptiness of buckets often determines behavior. You don't have to know "why" someone's bucket is empty, only that it is empty. The lid helps you learn what you can control and what you cannot. These are skills that will get you far in life.

Can you be empathetic and assertive at the same time? Yes. Can these traits and skills be taught? Yes. Are they lifelong skills? Yes. And, when learned and employed successfully, these skills lead to self-confidence and a sense of competence. And, that wonderful feeling of competence is what truly builds our self-esteem in both school and life.

Bucket filling empowers you when you learn it, understand it, practice it, and make it a habit.



Congratulations!

Ashlyn Twyman, from Lakeville, Minnesota, is this week's bucket filler of the week. Congratulations, Ashlyn! You have a book coming your way. Every bucket filler is a winner. Encourage your friends to get their buckets filled by subscribing to our free e-newsletter at www.bucketfillers101.com.



Quote of the Week

"Children are not born with social skills; they must learn them."

- Charlotte Danielson