



# BUCKET FILL-OSOPHY 101

Weekly Words of Wisdom to Keep Your Bucket Filled

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Join Our Neighbors to the North

## “Kindness Knows No Boundaries”

Those are the words of Meredith Fraser (at right), who heads up the Kindness Challenge and is pictured with a colorful bucket. Here are excerpts from a recent newspaper article written by Shobhita Sharma, writer of the *The Londoner* in London, Ontario, Canada.

Starting October 1, Londoners are challenged to be kind to one another and complete at least 100,000 acts of kindness.

Organized through the Anti-Hate and Anti-Bias Program at LUSO Community Services, the challenge is designed to bring the community together.

“When you do something kind for someone they feel great and that makes you feel great and maybe do more,” said program coordinator Meredith Fraser. “The effect is really immediate and it’s easy to see the kind of change that you’ve made. So, it is encouraging. It’s really about community building and making relationships.”

Fraser said the initiative was born three years ago after the community experienced a number of hate-motivated incidents.

“It really called on us to do what we can as opposed to what we can’t,” Fraser said. “In 2009 with the first year of the challenge, we got the community to work together to complete the challenge in the month of October.”

The community completed 52,115 acts of kindness that year. The number rose to 54,645 acts of kindness in 2010.

To participate in this year’s challenge, Londoners can log on to [www.1000acts.ca](http://www.1000acts.ca) and submit their acts of kindness. Fraser said submissions are also welcome through Facebook, Twitter and phone calls. At the end of the month, all submissions are tallied to come up with the final count.

“We welcome all acts of kindness — random or planned, big or small,” she said. “So, it can be something like sharing lunch with someone who forgot to bring theirs or paying for the person in the line behind you or putting change in someone’s meter when you see the meter is about to run out.”

“Our actions have more impact than we realize or remember,” she said, recalling a submission from a grade 2 student who sat with someone no one wanted to sit with at lunch. “Think about the difference it would make on the life of that person.”

**Each year the challenge has a theme.** This year’s theme is based around Michigan-based author Carol McCloud’s book, “Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids .”

McCloud’s book uses a bucket as visual aid to explain human relationships and the impact of everyday actions on those relationships.

“The premise is that when we are kind to others and are respectful of others, our buckets fill up. We all want full buckets,” Fraser said..

Fraser pointed that studies have proven kindness to have a positive effect on mental and physical health and encouraged Londoners to get behind the initiative.

“It just feels good when you are kind to others,” she said. “You don’t have to wait five years or 10 years to see the impact. The impact is now.”

**Editor’s note:** It’s great to see two organizations in two countries combine efforts to make the world a kinder place. If you would like to participate in Meredith’s Kindness Challenge, simply go to [www.1000acts.ca](http://www.1000acts.ca) and follow the instructions. Remember to identify yourself as a contributor from the USA.



Photo: Courtesy of The Londoner newspaper



### Making a Difference

Total appearances by the  
**Bucket Fillers Team**  
September 2006 to October 2011  
Sessions: 2,080  
Attendance: 310,440

### Congratulations Katie!

**Katie Murray**, of Hermitage PA. is our bucket filler of the week. 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](http://www.bucketfillers101.com)

### Words of Wisdom

“My religion is very simple. My religion is kindness.” — **Dalai Lama**