



BUCKET FILL-OSOPHY 101™

Words of Wisdom to Keep Your Bucket Filled

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Beneath the Surface

By Donna deWitt Schnell,
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As I type our newsletter, my eyes frequently stray to the kaleidoscope of vibrant fall colors outside my window.

Living in the Midwest during autumn is like living in a huge box of crayons. It's magical to watch the trees turn to glorious gold and blazing red. However, the reason for this annual autumn display has nothing to do with magic or Jack Frost — it's simply plain old science.

Leaves are like food factories. Each leaf cell contains chlorophyll, which colors the leaves green from spring until early fall when the chlorophyll breaks down. As the temperatures drop and the sun sets earlier, this green mask gradually disappears and the true colors of the leaves emerge; rich reds, bright yellows, and vibrant shades of orange. Who would have guessed that they were there all the time?

There is a parallel lesson in *human* nature.

Bucket Fillers' school presentations include a role-play that we call "the invisible." A student (I'll call him Jackson) is selected to come to the front of the audience. A few informal observations are made about Jackson's physical presence: his height, hair color, eye color, style of clothing, etc. The students soon realize that this is only one part of Jackson — his outside, or physical characteristics, that they can all see.

We then ask the audience a few questions about Jackson: "Do you know what Jackson is thinking right now? What's in his mind? Do you know what Jackson is feeling in his heart?" The students answer, "No!" They quickly come to the conclusion that both Jackson's heart and mind are invisible.

No one can see them and yet they are there and the clincher is: *These are the most important parts of Jackson!*



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Like the leaves' changing colors, our most important parts — our feelings and our thoughts — are hidden beneath the surface. And yet, it seems to be human nature to judge classmates, neighbors, family, and friends based only on what is visible.

Being a bucket filler begins when you increase your awareness of yourself and others. Bucket fillers know that there is more to someone than their appearance just as here are radiant fall colors hiding for months under a green mask.

When students consider the feelings and the thoughts of others, the parts that are invisible, they not only fill their own buckets, they fill others' buckets as well.

Mother Nature teaches us many lessons. I like to think that it would fill her bucket to know that these lessons brighten our world.

Happy autumn! Happy bucket filling!

Making a Difference

★ **Our 10th Award** ★

★ We are honored that
Have You Filled a Bucket Today

★ has received the
Learning® Magazine's
★ **2013 Teachers' Choice**
Children's Books Award ★

Designed and edited by Glenn Merillat

Congratulations, Glenn!

Glenn Zimmer, of North Wales, Pennsylvania, 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

Words of Wisdom

"What lies behind us and what lies before us are tiny matters compared to what lies within us." — **Ralph Waldo Emerson**