

Bucket Fill-osophy 101™

Words of Wisdom to Keep Your Bucket Filled

Week of August 19, 2013

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Stay Connected



Bucket Filling Back-to-school

Dear Fellow Bucket Filler,

A "Bucketfilling Organization" starts with bucketfilling adults who understand the concept, see its simplicity and effectiveness, and work together to follow the three rules to build a culture of kindness, respect and encouragement that ripples across and down to others.

As many schools kick-off a new school year of learning, why not make a promise to yourself to learn and practice together the three rules of bucket filling:

1. **Be a Bucket Filler:** Be kind to others and to yourself.
2. **Don't Dip:** Don't judge, criticize, hurt, put-down, or bully others or yourself!
3. **Use Your Lid:** Protect the good thoughts and feelings inside your bucket and the buckets of others.

Nothing fills a bucket like learning something new and developing a new skill - something interesting, exciting and useful that makes you happy. As you increase your awareness of your bucket and what fills and empties it, you embrace the opportunity to excel in the wonder-filled world around you.

Keep filling buckets!

The Bucket Fillers Team



Bucketfilling Showcase



We visited **Thompkins Early Childhood Center**, a totally bucketfilling kindergarten school in Ozark, AL in July. Three years into bucket filling and the entire staff is still gung-ho about how fun, easy, simple and effective bucket filling is. This is just one example of the murals, posters, bulletin boards, buckets and door decorations that fill every corner of this school.

We invite you to showcase your organization's bucket filling in our worldwide e-newsletter. Email a picture of your bucketfilling bulletin board, mural or other artwork to info@bucketfillers101.com.

Our Bucket Filler of the Week*

Glenda Pentecost of The Learning Tree in Decatur, AL

*E-newsletter winners are randomly selected to win a free copy of our latest book, "Bucket Filling from A to Z!"