

Bucket Fill-osophy 101™

Words of Wisdom to Keep Your Bucket Filled

Week of November 3, 2013

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The Key to Resilience

Dear Fellow Bucket Filler,

It's good to see the mainstream media discuss in detail how to help our children develop resilience. For example, the September issue of *Better Home and Gardens* included a five-page article entitled, *The Fourth R: Resilience*. Beyond explaining the need to let children make mistakes, take risks, and experience rejection, the article gave parents clear strategies to help their children in nine different, real-life scenarios.

Resilience is an emotional intelligence skill; a learned ability that enables us to put lids on our buckets, while we work to get past the feelings that are associated with a disappointing or frightening situation.

As difficult as it is for parents, a child's ability to develop resilience depends on allowing them to fall (or fail) and then learn how to pick themselves up. Children learn to "bounce-back" as they slowly but surely figure out - mostly on their own - how to recover and keep their good thoughts and feelings inside their bucket.

Keep filling buckets!

The Bucket Fillers Team

Our Bucket Filler of the Week*

Leah MacMartin from Birmingham, MI

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



Bucketfilling Showcase



Morningside Elementary School in Roanoke, VA has been a bucketfilling school for many years. Principal Ann Kreft has seen the many positive effects as she lives and she daily breathes this positive fill-osophy.

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.

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