

Bucket Fill-osophy 101™

Words of Wisdom to Keep Your Bucket Filled

Week of November 17, 2013

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Helping children express their feelings

Dear Fellow Bucket Filler,

Children naturally know how to express positive emotions such as happiness, joy, and love. They smile. They laugh. They hug and say, "I love you." On the other hand, children must be taught how to appropriately express negative, but normal, emotions like anger, hurt, or sadness.

The bucketfilling language gives both children and adults words to express negative (and positive) feelings without having to identify a specific emotion. Whenever children are left out, called names, or otherwise taken advantage of, teach them to use words like, "*It dips in my bucket when you* _____ . *I'd like you to* _____ ." You can have the children role play real situations so that they can practice using their voice in a way that fits their temperament.

These same words work for adults, too. And, of course, be sure you take the time to focus on the positive and use the reverse statement, "*It really fills my bucket when you* _____ . *Thank you.*"

To your bucketfilling success,

The Bucket Fillers Team

Our Bucket Filler of the Week*

Sarah Wymer from San Clemente, CA

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



Bucketfilling Showcase



This issue's showcase was shared with us by Amanda Kelly, a prep teacher in **Melbourne, Australia**. Her students love bucket filling and filling their classroom bucket with small pom poms!

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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