

Bucket Fill-osophy 101™

Words of Wisdom to Keep Your Bucket Filled

Week of May 25, 2014

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S is for Smile

Dear Fellow Bucket Filler,

*Smile and see what happens. Does a smile come back to you?
When you fill a bucket, you are really filling two.*

These words from the S page in our award-winning picture book, *Bucket Filling from A to Z: The Key to Being Happy*, describe how bucketfilling and contagious smiling can be. A smile tells people that you are a friendly and happy person. Smiling reduces your body's stress response. If you smile when you feel a little sad or grumpy, your thoughts, feelings and physiology become more positive.

Here's a simple smiling experiment for your classroom, staff training, or business meeting that can show just how contagious smiling is. Ask two volunteers to help you with two short role-plays that involve opposite scenarios. Prior to the experiment, tell the volunteers what you would like them to do. Have them stand on opposite ends of the front of the room, then casually walk toward and pass each other.

In Scenario #1, the two volunteers should have flat or somber expressions and look downward or away from the person they approach and pass each other with no eye contact. When they reach the opposite ends of the room have them turn toward the audience and see if anyone is smiling. Because no bucket filling took place, they may not notice any smiles.

In Scenario #2, the volunteers walk toward each other again, but this time they have big smiles on their faces. They look each other in the eye, give a simple greeting or even a high-five. When they reach the opposite ends of the room, turn toward the audience again. See how many people in the audience are smiling. Ask the audience to look around. They should see abundant proof that smiling is contagious.

Make today a day to smile. Smile in the mirror. Smile at your pets. Smile when you are driving, eating, and working. Smile when you think happy thoughts. Smile at the people you meet and most important, smile when you see, hear or think of the people you love. Smiles are guaranteed to fill many buckets, especially yours.

Happily,
Carol McCloud, The Bucket Lady

*Note: This great smiling experiment was developed by our own Bucket Fillers Team member, Jeremy Hertz.

Our Bucket Filler of the Week*

Chuck Butterfield of Sarasota, FL

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

Bucketfilling Showcase



This week's picture was shared with us by Rosemary Mohr of the Child Development Center at **Wor-Wic Community College** in **Salisbury, MD**. What a great bulletin board to reinforce bucket filling with their preschool students!

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.