



Bucket Fillosophy™ 101

Words of Wisdom to Keep Your Bucket Filled

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Bucket Filling Superheroes

Dear Fellow Bucket Filler,

A wonderful bucketfilling school in Grande Prairie, Alberta, Canada invited me to speak on October 31st - Halloween. In keeping with the dress-up theme of the day, the principal and many teachers were attired with various buckets and one teacher dressed as a BFS - Bucket Filling Superhero. (see photo)



The following week, teammate Brooke Johncox and I traveled to five more communities in Alberta. We talked to parents, teachers and early childhood professionals who wanted to learn more about bucket filling. Throughout this busy week, we met many special people who touched our hearts and filled our buckets with their high level of interest and enthusiasm. Most were already practicing and teaching bucket filling but wanted to go to a higher level and become Bucket Filling Superheroes who live the positive lifestyle and create and support bucketfilling families, schools, workplaces and communities.

Bucket Filling Superheroes simply do their best to be bucket fillers every day. They understand that their actions and words can either fill or dip into someone's bucket. They look for opportunities to fill buckets with acts of kindness.

They also know that their ability to do their best varies from day to day. They know that it's much easier to fill buckets when they keep their own filled.

Bucket Filling Superheroes are very aware of the non-voluntary, knee-jerk reaction to respond negatively when they feel provoked or attacked. They have learned to take time to stop and think before they respond. With their understanding of an empty bucket, they are careful to avoid ill-considered, destructive words or actions and able to show compassion rather than anger.

Bucket Filling Superheroes agree that no one is perfect and no one's bucket is always full. They have learned to accept themselves and others, forgive when someone else dips, and apologize should they ever slip and dip themselves.

Bucket Filling Superheroes may not wear capes and leap tall buildings with a single bound, but they are some of the biggest heroes I have ever met.

For always being a hero,
Carol McCloud

Our Bucket Filler of the Week*

Rachel Jones of Traverse City, MI

*E-newsletter winners are randomly selected to win a free copy of our latest book!

Bucketfilling Showcase



This week's picture was shared with us by Ladye Daniels, Guidance Counselor, at **Incirlik Unit School** in **Incirlik, Turkey**. Her students are so excited about their bucket filling program and can't wait to fill buckets!

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

Most of our subscribers are educators looking for classroom ideas. We have many ideas on our [Free Resources](#) page. Our books and other items are available for [purchase online](#). If there is something you are particularly interested in, please [contact us](#). At the request of many readers, past e-newsletters are available on our [website](#).

Sincerely,

The Bucket Fillers Team

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