



Bucket Fillosophy™ 101

Words of Wisdom to Keep Your Bucket Filled

Volume 8, Issue 19
December 14, 2014

Our Present for You . . .

Dear Fellow Bucket Filler,

In keeping with this season of giving, we would like to give you the words of a wonderful man. His words will give you a deeper understanding of bucket filling and behavior.

Dr. John Valusek of Wichita, Kansas spent his entire career as a child advocate. In 1971, Dr. Valusek wrote and published a small booklet called *Bits and Pieces #1: Some Ways of Thinking About Human Behavior*. We briefly wrote about Dr. Valusek's work in our October 12, 2008 issue of Bucket Fillosophy 101 e-newsletter ([online here](#)).



One of the chapters in Dr. Valusek's booklet is entitled, "Buckets and Dippers." I have returned to this chapter many times over the past ten years in a never-ending attempt to more deeply understand and share the concepts of bucket filling.

Dr. Valusek is now retired and serves as his wife's primary caregiver. This little booklet is no longer in print, however, Dr. Valusek has given us permission to spread his thoughtful interpretation of bucket filling. We are pleased and proud that his words will now live on as a free downloadable on our [website here](#). (*You are also free to share this material with your friends.*)

As parents, grandparents, guardians or educators, it's important to remember that children are either *expressing* love or *calling for* love. An angry, sullen, rebellious child is calling to have his or her bucket be filled. Without excluding reasonable consequences for behavior, Dr. Valusek's words help us visualize how consistently filling an empty bucket will eventually transform a child's life.

Wishing you a joyous holiday season.

Until next year,
Carol McCloud

Our Bucket Filler of the Week*

Sara Bradley of Ann Arbor, MI

*E-newsletter winners are randomly selected to win a free book!



Bucketfilling Showcase

This week's picture was shared with us by Tammy Kincaid from **Sparks Elementary School in Sparks, MD**. Their 4th graders designed a bucketfilling Christmas tree for the Kennedy Krieger Festival of Trees. What a way to show what bucket fillers they are!

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

Stay Connected



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