



# Bucket Fillosophy® 101

Words of Wisdom to Keep Your Bucket Filled

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## Bucket Filling in Beijing

**Dear Fellow Bucket Filler,**

Last month I had the honor of visiting three international schools in Beijing, China, where I spoke about bucket filling before 2,000 students and educators. The school children and staff spoke English, which made our Beijing assemblies and workshops as positive and well received as the nearly 1,000 presentations given by our Bucket Fillers Team here in North America. The students were familiar with our books, so we were able to expand on the concept of being a bucket filler and its connection to inner happiness.



While it was a thrill to see places we had only read about or seen in pictures: the Great Wall of China, the historic Hutongs and ancient palaces and tombs, it was being with so many wonderful bucket fillers that impressed my husband, Jack and I most. We will never forget the natural kindness, patience and gentleness of the people we met in schools, hotels, on streets and during tours.

Showing respect is a tenant of bucket filling and we experienced it everywhere. Respect was evident on the very busy city streets of Beijing, which were filled with bicycles, scooters, cars and taxis sharing road space. We heard no loud honking of horns or yelling, nor did we see any rudeness. People were considerate and respected one another's space. It became clear to us that the Chinese people see intrinsic value in every human being, regardless of age, ethnicity, color, gender, socioeconomic status, lifestyle or beliefs. They are instinctive bucket fillers.

Thank you to our new friends in China! While we came to teach, we also learned. You taught us a more profound meaning for our first rule for happiness-"Be kind. Be a bucket filler." You showed us that kindness is much more than being "nice." Bucket filling means always, and in *all ways*, letting others know, through words

and actions, how valuable they are to society and themselves..

To all the Bucket Fillers around the world,  
Carol McCloud

## Our Bucket Filler of the Week\*

Pam Porterfield of Williamston, MI

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



### Bucketfilling Showcase

This week's picture is from **Harper Elementary School** in **Evansville, IN**. What a great way to depict all these awesome kids being bucket fillers!

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](mailto: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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