



Bucket Fillosophy® 101

Words of Wisdom to Keep Your Bucket Filled

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Nurturing Genuinely Kind Kids

Dear Fellow Bucket Filler,

A school counselor/therapist recently interviewed me to discuss a question she often hears, "How can I get my child to be nicer?" During the discussion, she told me what a huge impact our books had on her students' kindness levels.

"That's the answer," I said. "Teach them. Treat children with kindness and then give them ideas and opportunities to express kindness themselves. Let them experience first-hand the feel-good benefits of being kind." Our books teach, "*When you fill someone else's bucket, you fill your own bucket, too.*"



Basically, children do what they are taught to do. Children learn to read by being taught how to read with coaching and practice. The same is true for any subject. Children learn to be responsible when adults give them developmentally appropriate responsibilities and help them develop these capabilities. The teaching process includes know how, encouragement, patience and practice.

Kindness is no different. Kindness is learned. Involved parents, grandparents, teachers, and other caregivers have the greatest influence on a child's life and what he learns. Our books give adults another tool to teach kindness by explaining, "*the key to being happy is in this choice you make . . . will you fill a bucket or be mean and dip and take?*" The choice is ours. If kindness is not valued and taught, then society's influence takes over.

One standard: "We are Bucket Fillers . . . we treat all people, including ourselves, with respect," gives children a rule of thumb to live by. This powerful group affirmation is about who we are. We're not perfect but we strive to be bucket fillers every day.

Kindness feels good to the receiver, giver, and observer. Talk about what kindness looks like, sounds like, and feels like. Talk about whose bucket you can fill today and you will nurture genuinely kind kids.

Happy Bucket Filling!

Carol McCloud

Our Bucket Filler of the Week*

Katie Cooley from Newark, Delaware

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



Bucketfilling Showcase

This week's picture was taken at **Dr. John H. Winslow Elementary** in Vineland, New Jersey. What a great visual for students to tie bucket filling with respect!

We invite you to share! Email a picture of your bucketfilling person, 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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