



# Bucket Fillers

Bucket Fillosophy® 101 - Words of Wisdom to Keep Your Bucket Filled

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## Stop Political Bullying

**Dear Fellow Bucket Filler,**

While we may have different opinions on who would make the best next leader of the United States, I think we would all agree that the amount and degree of bullying in this pre-election season is wrong. Isn't it ironic that our leaders who make and ratify our laws, including laws prohibiting bullying, exhibit a number of bullying behaviors?



As an educator, I know that bullying is most often defined as a conscious, willful, deliberate and hostile behavior intended to harm others. In addition to physical bullying (hitting, kicking and stealing), other forms include:

- Verbal bullying (taunting, name-calling and making threats),
- Psychological bullying (spreading rumors, exclusion and manipulating relationships), and
- Cyber-bullying (posting or sending insults, threats or hateful information).

Haven't you witnessed these very behaviors by political candidates?

We teach our children to not be bystanders and get involved when something is wrong. Isn't it time we adults do what we ask our children to do? We should ask our legislators to write laws that set limits on what one candidate is allowed to say about another.

We spend millions of tax dollars for government-mandated, bully-prevention programs starting in kindergarten and then allow the crassness of open-bullying season in preparation for our highest office.

Our children are watching. They deserve better models of behavior. So do we.

Carol McCloud

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## Our Bucket Filler of the Week\*

Jackie Flynn from Cocoa, Florida

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

### Bucketfilling Showcase



This week's picture was submitted to us by Helen Sipsas, a teacher at **Lord Byng Elementary** in Richmond, British Columbia, Canada. What a fun, colorful bulletin board to remind students to fill buckets every day!

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