



Bucket Fillosophy® 101

Words of Wisdom to Keep Your Bucket Filled

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Learning to Look Beyond

We live in a society where many people are too quick to base their opinions of others on outward appearances. Part of being a bucket filler is learning to look beyond the surface and into a person's core, heart, or in bucketfilling terms, their "bucket."

How many times have you initially made a somewhat negative assessment of a person and then had to change your feelings when you came to know the person better and began to see all sorts of positive characteristics?

When we learn to look beyond what we see, we develop understanding, empathy, and compassion, and we become happier people.

One of the things I love about our picture books is that they teach us to look beyond the surface. Each page illustrates ideas and understandings at an emotional level that can be absorbed without words.



Last month, during a Grade 3-6 student assembly, I saw how quickly learning to look beyond can occur. As the students observed the illustration on Page 14 of our book, *Have You Filled a Bucket Today?* (pictured above) we discussed what the two girls with the empty buckets were doing. One student pointed out that they seemed to be mocking another girl. She thought the two girls were making fun of the girl's appearance and noted that the girls who were bucket dipping seemed to be better dressed. "Maybe they think they're better than she is," one student said. This prompted another student to ask, "Well, if they think that, why are their buckets empty?"

I was delighted as the conversation continued with more speculation:

- "I think they're insecure."
- "They're showing off because they want attention."
- "If you have to make someone else feel bad for you to feel good about yourself, then you have a problem."

I asked the students how many thought the two girls with empty buckets were insecure and a roomful of hands went up.

I have often wished that all of us could see each other's buckets. I think we would be more understanding of one another if we learned to look beyond appearances.

Happy bucket filling!

Carol