



# Bucket Fillosophy® 101

Sharing Bucketfilling Ideas  
Bucket Lesson #43

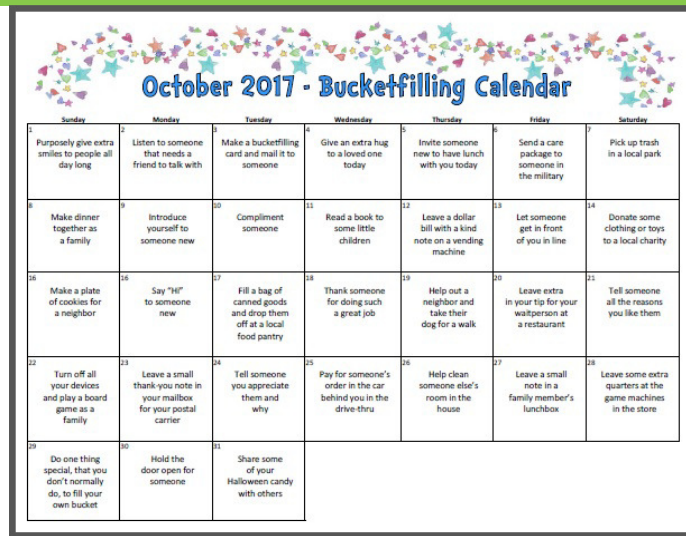
Week of October 1, 2017  
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## Put Positivity in Place

For those of you that have been following Bucket Fillers for a while, you'll recall that we frequently say that bucket filling is positive, is fun, and it works. It's true! We've seen so many organizations, around the world, change their culture to the positive by using bucket filling!

In the U.S., October is known as "National Bullying Prevention Month." What a great time to help make a bucketfilling change in the world around you, whether in your school, family, workplace or community!



**October 2017 - Bucketfilling Calendar**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Purposely give extra smiles to people all day long	2 Listen to someone that needs a friend to talk with	3 Make a bucketfilling card and mail it to someone	4 Give an extra hug to a loved one today	5 Invite someone new to have lunch with you today	6 Send a care package to someone in the military	7 Pick up trash in a local park
8 Make dinner together as a family	9 Introduce yourself to someone new	10 Compliment someone	11 Read a book to some little children	12 Leave a dollar bill with a kind note on a vending machine	13 Let someone get in front of you in line	14 Donate some clothing or toys to a local charity
15 Make a plate of cookies for a neighbor	16 Say "Hi" to someone new	17 Fill a bag of canned goods and drop them off at a local food pantry	18 Thank someone for doing such a great job	19 Help out a neighbor and take their dog for a walk	20 Leave extra in your tip for your waitperson at a restaurant	21 Tell someone all the reasons you like them
22 Turn off all your devices and play a board game as a family	23 Leave a small thank you note in your mailbox for your postal carrier	24 Tell someone you appreciate them and why	25 Pay for someone's order in the car behind you in the drive-thru	26 Help clean someone else's room in the house	27 Leave a small note in a family member's lunchbox	28 Leave some extra quarters at the game machines in the store
29 Do one thing special, that you don't normally do, to fill your own bucket	30 Hold the door open for someone	31 Share some of your Halloween candy with others				

**Click on calendar to download**

We've created a Bucketfilling Calendar for the entire month of October 2017. Each day has a bucketfilling activity to do. Download and complete the activities as a class, a family, or as co-workers. Don't worry . . . if one activity won't work, just change it out for something that will. By the time the month is over, you'll see the culture change in the world around you - a change for the positive!

For even more ideas, be sure to check out our past *Bucket Lessons* on our [website!](#)