



Bucket Fillosophy® 101

Words of wisdom to keep your bucket filled.

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Eradicating the Weeds

I often think of bullying as resembling a weed. The easiest way to deal with weeds is to prevent them from taking root in the first place - to eradicate them. Have we made any progress in our efforts to eradicate bullying? I use the word eradicate because bullying is (still!) growing into an invasive issue within our school culture. Many parents and educators have doubt that this will ever change. We cannot give up.



At Bucket Fillers, we encourage others to not use the word "bully." We want to label the negative behavior(s) and not the actual person. We also firmly believe that all children are capable of rising above past mistakes, including those that exhibit mean and/or bucketdipping patterns.

What are you doing in your school or home to get rid of the "weeds" and cultivate kindness? Kindness is not optional. We often ask our children about how school went that day. We should also be asking them, "How did you fill a bucket today?", or "How are you choosing to be kind?" These daily questions will prompt mindfulness.

It is extremely important to recognize and affirm that the children in your life are choosing to be kind. Good grades, athleticism, and artistic talents are wonderful. But what about your child's heart? What about the way they TREAT others? The more we focus and celebrate their positive behaviors, the less room there will be for weeds in your garden. With daily acts of love and kindness, the weeds will not have room to take root.

To keeping out the weeds,

A handwritten signature in black ink that reads "Sandy". The script is cursive and fluid, with a prominent loop on the letter 'S'.

Sandy Richardson, Bucket Fillers Office Coordinator