

# Bucket Fillers

## News to Fill Your Bucket

June 5, 2020

### Some good (and not so good) news

When someone asks you the question, "Do you want the good news or the bad news first?", which do you pick? A study at the University of California, Riverside, showed that 75% of people would choose the bad news first. Their reasoning was that they'd get through the bad news first, and then end on a higher note by getting the good news last. Because I'm one of the 75% and prefer the bad news first, that's how I'm going to share our good (and not so good) news with you.

### The not so good news . . .

You might agree that the last three months haven't been so good. It's been a constant struggle for so many dealing with the Coronavirus pandemic. Unfortunately, due to the pandemic, we have made the tough decision to **postpone all full-day, in-person sessions until January 2021**. We didn't take this decision lightly. There is a tremendous amount of uncertainty with regard to the virus. Schools are researching and making tough decisions on how the 2020/2021 school year is going to look for their students. We remain hopeful that we will be able to launch our sessions at that time.

There is a glimmer of hope in this all. We are offering [Virtual Zoom Sessions](#) for elementary school classrooms at this time. We also encourage principals, teachers, counselors, or other school staff to check out both our [Create a Bucketfilling School](#) and [Create a Bucketfilling Classroom](#) series' on our website. If you have any questions or want more information, please email [Sandy](#) in our office.

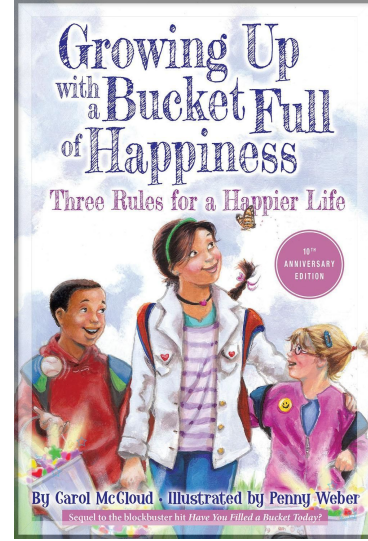
### Now for the good news!

We are thrilled to announce the release of a 10<sup>th</sup> Anniversary Edition of [Growing Up with a Bucket Full of Happiness](#), coming out August 1, 2020! Here is Carol's message about the release:

*"Ten years ago, this book was written when headlines of teenage suicide and bullying were rampant. If we are to expand our ability to live happier lives, we must learn to treat all people with kindness and, at the same time, more effectively cope with meanness, abusive*

*behaviors, and negative influences that often surround us. Understanding the bucketfilling concept and having the necessary tools are just as crucial today."*

We're looking forward to seeing the impact this book is going to make on a new generation of readers. We hope all ages will learn and experience, through daily practice, the value of kindness, understanding, resiliency, and courage in a world that isn't always kind.



Stay safe, healthy, and keep filling buckets!

*Caryn*

Caryn Butzke, Chief Operating Officer, Bucket Fillers, Inc.

