



# Bucket Fillosophy®

## The Beauty of Simplicity



Recently, I purchased an entertainment center from a local big-box store. Excitedly, I drove home, picturing how amazing this piece of furniture would look in my family room. It would solve so many storage problems we have in that room. I would organize all of our video games, movies, and books—and even have room to display some decorative touches! However, when I arrived home, my excitement quickly turned to disappointment. I opened the package and pulled out an instruction manual that was at least 30 pages long. And the parts! There were so many parts! I simply did not have the time or the patience for such a project. Needless to say, I packed it all up and made a trek back to the store.

I imagine most educators feel this way about social-emotional learning (SEL) curriculums. After all, you want your students to feel valued and safe in a kind, inclusive classroom environment. You also want them to become self-aware and understand that their behavior impacts other people. What you don't want is more work and tasks added to your already jam-packed schedule. Perhaps you have already heard about bucket filling, but didn't

realize it was a concept that can grow with the student into adulthood. It's an authentic daily habit that, when practiced, will only strengthen with time. There are no "levels" or "stones" or other benchmarks. The beauty is in its simplicity.

The bucketfilling concept, based on the metaphor of a bucket, dipper, and lid, is easy for even the youngest learners to grasp. It gives them a voice to fill the buckets of others and themselves. It empowers them with a language to communicate with others when their bucket has been dipped. With practice, they will also learn to use their lid to protect their buckets. This is the very definition of SEL—bettering your relationship skills, identifying and naming your emotions, and learning to be resilient against the inevitable dips in life. Bucket filling is the simple, yet powerful, concept that is easily introduced, demonstrated, and reinforced.

To Keeping it Simple,

*Sandy*

---

## We'd Like to Hear from You!

The simple, bucketfilling concept has made an impact in so many schools around the world. As we're nearing our 15th anniversary, we're gathering data and testimonials from you! If you're a bucketfilling teacher, principal, counselor, or other educator, please take just a few short minutes to fill out this survey for us. It will fill our buckets!

[Complete our Survey](#)



**Bucket Fillers**

Follow Us

