



Bucket Fillosophy®

Bullying Prevention Month . . . for Adults (Yes, I mean you.)



Within the first two days of school, I had already heard, from my high schooler, about a racially-charged incident that occurred on his school's campus. It was disheartening to hear the ugly language that these children so quickly and easily hurled at each other. As students enter high school, it's important to remember that, while they physically appear to be young adults (and very much want to be treated as such), mentally and emotionally they are still adolescents with brains that are not yet fully mature. They are still being molded into the adults they will become.

Where are they learning their behaviors? Are they learning from the grown-ups in their lives with whom they spend the most time? Are they witnessing these adults modeling empathy, compassion, and grace for others, even when there are differences in opinion? Or are they seeing adults who deliver judgment and relish in divisiveness? Think back on the last month in your home or your classroom. Did you angrily support your political point of view, name-call, or use negative labels to judge others for their

beliefs or culture? Did you engage in social media “outrage” because you were “right” and someone else was “wrong?”

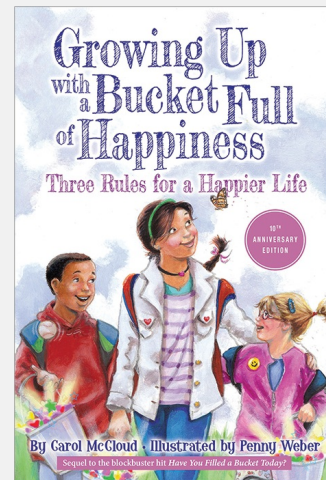
October is National Bullying Prevention Month. It’s especially timely this year, considering we are just weeks away from a tense and heated national election. No matter the outcome, reach out to your friends, families, and neighbors and look for common ground. You could use food as a bridge to connect with someone. We all love to eat. Take a trip to your local orchard and get some cider and doughnuts for a family member that might not be able to venture out. You could take a plate of cookies to your neighbor. You could even have a picnic with a friend. When you continually look for the good in people, you will find it. And when our children observe these bucketfilling acts, perhaps they will learn to repeat them.

To Finding Common Ground,

Sandy

New Lesson Plans!

If we want children to grow into compassionate, empathetic, and inclusive adults, then we need to show them what it looks like to respect and care for others—even when we disagree. Our latest book release, the 10th Anniversary Edition of *Growing Up with a Bucket Full of Happiness*, teaches children the skills they will need to become more self-aware, how to use their lid to protect their bucket, and what to do if their bucket is feeling empty.



We’ve created a series of bucket lessons to supplement our *Growing Up with a Bucket Full of Happiness* book. These lessons will help children learn how to recognize and understand emotions, in themselves and others, to better manage their behavior, increase kindness, and develop important social-emotional skills. Download your copies to use in your classroom or virtually with your students.

[Take Me To Lessons](#)

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

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