



## **Bucketfillers Forever!**

**Kelly Nickel, M.A. Ed 530.941.5207 [kelly@bucketfillersforever.com](mailto:kelly@bucketfillersforever.com)**

Today your students experienced Character Education assemblies from Bucketfillers Forever! So that you can continue to reinforce the social-emotional concepts that were presented today, we are sending home this primer that includes some of the language and learning that your kids heard today at the assemblies. Enjoy!

### **Things your kids learned today about Bucketfilling**

**About the metaphor:** The bucketfilling metaphor was created in the 1970's by Donald Clifton. It effectively serves as a binary choice-making tool that guides our decisions in all that we think, say, and do. It also gives us a way to look back and measure how we are doing when interacting with others. The metaphor is simple: We all have an invisible bucket that holds our feelings, when our buckets are full we feel happy, when our buckets are empty we feel sad, and it's our words, actions and mindsets toward ourselves and others that determine whether ours and other's buckets are full or empty. The metaphor includes the "lid of resilience" that we put on our bucket to protect ourselves from reacting negatively when situations or people try to dip in our bucket.

***"We all have feelings and we all like feeling good"*** This is the reason why we want to be Bucketfillers in the first place.

***"Full is the goal"*** Our world will be a better place when everyone feels loved, appreciated, cared for, and welcomed.

***"Bucketfillers do little things that make a big difference"*** Smile, wave, be courteous, hold a door, give away chocolate.

***"I'm so glad you're here"*** This is one of the many simple positive things we that we can say to help others feel special.

***"Thanks, I feel so welcome"*** This is how we want everyone to feel as a result of our words and actions toward them.

***"Everyone deserves a round of applause for making it to 9am"*** Life can be hard, let's all be more flexible and forgiving.

***"If you can count to two, you'll know what to do"*** Bucketfilling is simple especially when it becomes our default habit.

***"I'm so glad they got picked"*** A mindset shift that helps us feel positive when others experience good luck and success.

***"Thank you for teaching me today"*** Hearing this never gets old for any teacher, whether it's from a student or a parent.

***"Simple reminders help"*** Make kindness a habit with post it notes, daily affirmations, or a reminder app on your phone.

***"There's a big difference between laughing WITH someone who is also having fun versus laughing AT someone who is not having fun"*** Sometimes we misread this and sometimes they don't let us know we are hurting their feelings.

***"If you are going to be welcoming, be appropriately welcoming"*** The platinum rule says: Treat others the way THEY want to be treated.

***"Find the brightside, get your pom poms up"*** It's not always easy but we must strive to find the positive in all situations.

***"Fill more, dip less, and always use your lid"*** It's not just a tagline, it's a strategy for being everyone's favorite human.

**Some Final Thoughts:** Bucketfilling is an easily understood metaphor that with intentional practice can quickly become a part of the social-emotional fabric of our lives, our families, and our communities. So remember to do those little things that make a big difference, stop dipping in other people's buckets (yes even those little micro dips), and for goodness' sake, show everyone what it looks like to use your lid. —Kelly Nickel, M.A. Ed., *Bucketfillers Forever!*