



# BFL News & Views

April, 2008

## *Bucketfiller Count as of March 31st, 2008*

*Watch the numbers  
grow!*

**March Total:**

**3,215**

**Grand Total:**

**74,535 attendees**



**Spring is here!**

**It's almost t-shirt  
weather again!**

**Bucketfillers Club  
Member T-shirts** are  
available through  
our web site at a  
cost of only **\$9.95**  
with **free shipping**  
(with purchase of 4 or  
more.)

**www.bucketfillersforlife.  
com**

## **BFL Announces First Regional Expansion**

By Peter Lundgren

Possibly our biggest challenge at BFL is reaching all of the schools, businesses, and organizations who desire our program. We are a hands-on organization and we believe strongly in presenting our program in person rather than by high-tech means such as DVD or video-conference. Therefore, since we are based in Michigan, 99% of our customer base comes from Michigan.

By keeping our travel costs minimal, we tried to accommodate our out-of-state customers in the best manner possible, but this still resulted in some challenges.

Beginning this month we are proud to announce a campaign of regional expansion to increase our accessibility.

Now fully operational is our Salt Lake City, Utah region, headed by BFL Regional Director, Ronda Campbell.

Ronda is a life time resident of Utah. She has been a public speaker, and facilitator for a personal acceleration training company. She has a great love for people and her enthusiasm for life is felt by all who know her. Ronda's energy and insights are a valuable addition to Bucketfillers For Life, and we're thrilled to expand our local presence



Ronda Campbell

to the Salt Lake City region.

To schedule a Salt Lake City area BFL assembly, workshop, or for more information, call Ronda at 801-979-4457 or by email: [ronda@bucketfillersforlife.com](mailto:ronda@bucketfillersforlife.com)

## **Bucketfillers For Life Maintenance Program**

By Merrill Lundgren, The Bucket Man

We are now finalizing our maintenance program schedule for the 2008-2009 school year. Many schools have already confirmed their dates, and

the rest are being contacted.

Here's how the program works: We return on an annual basis to reinforce the BFL philosophies, and this is done in 2 ways:

1. New Kindergarten students attend our assembly for their introduction to the BFL philosophy.

2. New 4th grade students attend the 90-

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## Bucketfillers For Life Maintenance Program

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minute classroom workshop, including our original and powerful “intensive bucketfilling” exercise called “Why I Love and Respect You.” I created this exercise many years ago while working with adults but have found it applies equally well in the student environment. This exercise requires the student to share their experience with their family at home after school. A response is then requested from the family. As you can imagine, this level of communication is valuable on many fronts.

When a school adopts our maintenance program it can be sure of the

*“We believe that creating a bucketfilling school and creating a bucketfilling family go hand-in-hand”*

following:

- From this day forward, every family with children in the school will share in this bucketfilling experience, and will be encouraged to expand the BFL philosophies in the home.
- From this day forward every student will attend our program, not once, but twice. Once for the introductory assembly and again for the workshop.

We strongly believe that it is only through spaced repetition that true habits can be formed. We hope that this newsletter additionally serves as a bucketfilling reminder to all

who read it.

We believe that creating a bucketfilling school and creating a bucketfilling family go hand-in-hand. It's time has come. It should never be allowed to fade away. Kindness is always in style.

The Bucketfillers For Life Maintenance Program assures the continuation of this invaluable philosophy.

If you are a Bucketfilling School representative and have not yet been contacted by us for next year, please contact Peter Lundgren at 810-231-0677 to schedule your maintenance program for next year. We look forward to seeing you again!

## Troy Student Teacher Shares Her Bucketfilling Creation

By Stacey Lundgren

Thank you to Cody Heidt, a student teacher from Smith Middle School in Troy, MI. She met us while we were teaching at a Troy elementary school and told me of her creation. I asked her to email the information to us, and she did! Please enjoy the photos. Here is a portion of her email to us:

*“At the beginning of the semester, we (explained your bucketfilling concept) to our class to introduce some wonderful behavior reinforcers to our 6<sup>th</sup> grade class. Without knowing of your (widespread) program, I created a poster where students earn their star on the wall for being “caught” displaying one of the following traits-- kindness, caring, respect, helpfulness, politeness, gratitude, etc. They also receive a certificate from me. I later found*



*out when hearing Stacey Lundgren speak that these programs exist everywhere and soon after attended a bucketfiller presentation at Barnard Elementary. That's where I met*



*Stacey. She asked me to send photos of the poster board for other teachers who may want to do something like it.”*

# Clarkston 1st Graders List Their Bucketfilling Ideas

By Peter Lundgren

Ms. Stacey Conn has been teaching 1st grade at Bailey Lake Elementary School in Clarkston for 6 years. Yesterday I happened to run across her class web site and couldn't have been more pleased.

In October of 2007, we presented our complete program; teacher orientation, K-3 assembly and grades 4-5 workshops to Bailey Lake students and staff. It's a wonderful school and we greatly enjoyed our visit.

Soon after attending the BFL assembly, Ms. Conn asked her students, "Our goal in our classroom is to be a bucketfiller, not a bucketdipper. So, how can we be bucketfillers?" This is what the class said:

Alex: *I can be a bucketfiller by asking new kids to play.*



Ms. Stacey Conn

Kylee: *I can be a bucketfiller by telling someone you love them.*

Elizabeth: *I can be a bucketfiller by you can play with someone.*

Kelsey: *I can be a bucketfiller by good manners.*

Shawn: *I can be a bucketfiller by playing with someone who is bored.*

Larry: *I can be a bucketfiller by asking someone to play with me.*

Gavin G: *I can be a bucketfiller by playing with Gavin K.*

Gavin K: *I can be a bucketfiller by sharing my video game.*

Alison: *I can be a bucketfiller by saying hi to Morgan.*

Griffin: *I can be a bucketfiller by meeting new friends.*

Morgan K: *I can be a bucketfiller by*

*using good manners.*

Lily: *I can be a bucketfiller by playing with new friends.*

Ashley: *I can be a bucketfiller by playing with friends.*

Shayla: *I can be a bucketfiller by eating with someone.*

Mickenzie: *I can be a bucketfiller by saying hi.*

Danny: *I can be a bucketfiller by saying hi.*

Peyton: *I can be a bucketfiller by being Griffin's friend.*

Moira: *I can be a bucketfiller by playing with my friend.*

Wyatt: *I can be a bucketfiller by you can play with someone.*

Wow, you kids are really bucketfillers! Keep up the good work. Thank you students, you filled our buckets just by reading your ideas, and thank you Ms. Conn for a job well done. See you next year!

## Program Comments and Feedback

*This bucketfilling experience was very meaningful! I loved being recognized for doing things for my family. This is the kind of character building that is essential for healthy children. Great idea! We will DEFINITELY keep bucketfilling going in our family.*

**5<sup>th</sup> grade mother**

*It was so great reading and hearing that (my daughter) understands what love and respect are and how important it is to share this with the people you love. She did a great job, and it made me feel very special!*

**5<sup>th</sup> grade father**

*This experience was very uplifting for me. It made me feel important and happy at a time when I needed it the most. I will continue this in our family.*

**4<sup>th</sup> grade father**

*Last night (my son) was my bucketfiller. He learned so much from this program! After his dad left for work, (my son) did what I asked him to do such as brushing his teeth, going to his room to read for 30 minutes before bed, and cleaning up the bathroom after his shower. He even played with his baby sister while I did the dishes! This made me very proud to realize he has so*

*much respect for me. This experience is a wonderful thing, and I realize it's not just for the benefit of children. Many times adults forget to do the everyday nice things for each other. Learning kindness while they are young is terrific!*

**4<sup>th</sup> grade mother**

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