



BFL News & Views

October, 2008

Bucketfiller Count as of September 30th, 2008

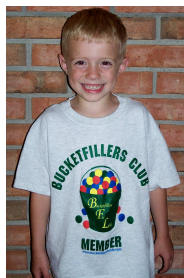
Watch the numbers
grow!

August Total:

4,775

Grand Total:

83,735 attendees



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.)

Also **Bucketfilling Family or Classroom certificates**, custom printed to your specifications and hand-signed by The Bucket Man! Free Shipping!



www.bucketfillersforlife.com

Teachers Filling the Buckets of their Students: A Wonderful Example

By Merrill Lundgren "The Bucket Man"

We recently presented our Maintenance Program to Latson Road Elementary School in Howell, Michigan. It was Latson's 4th consecutive year in our program, and what a Bucketfilling School they are!

During our "Why I Love and Respect You" exercise, 4th grade teacher Mrs. Miller read the following to her students:

10 Things We Appreciate About YOU!

We appreciate:

1. The effort you put forth in your work, both in class and at

home. Keep up the good work!

2. How much you're willing to help others in our classroom (as well as in the rest of the school.)

3. The "silent reminders" to get our class back on task.

4. How you follow the rules for walking in the hallway. You're being great examples for other students and you're helping other classes stay focused.

5. Your willingness to participate. We like to see you volunteer.

6. Seeing the friendships you are forming; that shows your willingness to accept

others.

7. How you share ideas and even supplies with your tablemates.

8. How you come in with a smile in the morning, ready to learn.

9. How quickly you quiet down when given the direction. This helps us get more accomplished.

10. How you remember the rules, even when you go to another classroom (Art, P.E., Technology, Mrs. Cheyne, etc) Again, this shows respect..... great job!

We say great job to Mrs. Miller and her team!

A Simple Act of Kindness.....

By Doreen Kellum

I have a large family and going to the movies with everyone can be very chaotic! However, going to a movie provides great one-on-one time. So one Fri-

day evening in September, my 13-year-old daughter and I were waiting in a long, double line to purchase movie tickets.

To our amazement, a young woman in the line

to the left of us whispered to the ticket vendor, "I want to buy their tickets," pointing to the elderly couple in front of us. She said, "Don't mention me, just tell them it's a ran-

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Join the Bucketfilling Yahoo Group!

Please join us in the new Bucketfillers For Life Yahoo Group:
http://health.groups.yahoo.com/group/Bucketfillers_For_Life/

A Simple Act of Kindness

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dom act of kindness, and to pass it on." I was incredulous! This was very similar to a story we tell in our bucketfilling workshops, and here it was happening right before our eyes (and ears)!

The cashier let the couple know their tickets were paid for and to pass on the random act of kindness. They were thrilled and wanted to know who had done with this kind

act. An interested person who had overheard pointed out the young lady. The couple thanked her and asked why she did this. She explained, "I am filling your bucket!"

As this real-life scenario played out before our eyes, I was especially touched. I am a new trainer for Bucketfillers For Life, so I speak about bucketfilling, tell The Bucketman's random act of kindness story, and "preach" (as my children like to

say) bucketfilling in our home. To witness this act out in the world was a powerful experience!

I hope this story inspires all to be bucketfillers. Opportunities to perform acts of kindness are everywhere and need not cost money. It is our obligation to recognize these needs and our privilege to fill them. Bucketfilling is fun and in return, I promise you will have a full bucket.

A Bucketfilling Story from Shellie Moore, Principal, Webster Elementary, Livonia, MI

By Stacey Lundgren

I am pleased to relate a story to our subscribers told by the inspirational principal of a school we visited this past month, Webster Elementary in Livonia, Michigan. Shellie Moore told this story twice; the first time was during a student workshop which she observed at her school, and the second time was during the Parent Presentation some days later. Thanks, Shellie, for your permission to print this in our newsletter. It perfectly exemplifies not only bucketfilling, but also the power of choice in our lives.

Some years ago, Shellie was new in a subdivision after living "out in the country". Her beloved dog, Fluffy (inherited from her mother)

was accustomed to running around outside without a leash. Apparently, he was visiting the older next door neighbor's yard and leaving his "calling card" quite often. One day when Shellie got home, all of Fluffy's "calling cards" were thrown onto her driveway. "Uh-oh", she thought. "My neighbor is upset with me."

Now, Folks, you know that Shellie had several choices here in how to react, right? Fluffy dipped in her neighbor's bucket, the neighbor dipped in Shellie's bucket, and she could.... Well, you know what I mean. But Shellie took the high road. After cleaning up the mess, she decided to make amends in some way. The opportunity came when she noticed her elderly

neighbor picking up sticks and twigs in his yard. It was obviously tougher for him to do than for her. When Shellie picked up her own yard, she also went into his yard and did the same. She continued this for some months, always cleaning up his yard but never speaking to him about it. After some time, Shellie noticed fresh vegetables left at her door from the neighbor's garden. Then more fresh vegetables. Soon they began conversing, and now Shellie and her neighbor are friends.

In this day and age, this whole "Fluffy thing" could have wound up on Judge Judy or People's Court. But thanks to Shellie and her bucketfilling heart, the world is a kinder place.

BFL New York Region Update

By Faith Smith

Greetings from the New York Regional Training Center! September has been an incredible month for me with the start of the school year. My travels took me first to Blue Bell Elementary School, in Blue Bell, PA, where we officially

welcomed the entire school as members of the Bucketfilling Club. Next it was on to New Egypt, NJ to New Egypt Primary School. Both of these schools in New Jersey and Pennsylvania were the first students in their state to hear the Bucket Man's message. At both schools, the students and staff were

so kind, welcoming and eager to hear the message presented. So many smiles and "fills" for me. Thank you to Blue Bell Elementary and New Egypt Primary for the opportunity to come and share the message. It looks like the New York Region is quickly becoming the East Coast Region!

Creating Bucketfilling Habits with the BFL Maintenance Program

By Merrill Lundgren "The Bucket Man"

Spaced repetition brings forth the desired result, or said another way: What the mind attends to, it considers, what the mind does not attend to it dismisses, what the mind attends to continuously believes, and what the mind believes it eventually does.

The BFL Maintenance Program was created because of our belief in this philosophy. As of now, over 40 schools have adopted our annual return engagement. The elementary

school maintenance program, for example, consists of two elements:

1. A "Mini-Assembly" for entry-grade students, normally kindergarten or 1st. This serves as the new students' introduction to the bucketfilling philosophy.
2. 4th Grade Classroom Workshops - As students advance into the 4th grade, they are able to comprehend the level of material we present in these interactive workshops, including my original "Why I Love and Respect You" exercise.

After completing her 4th consecutive year of the BFL Maintenance Program at Latson Rd. Elementary School in Howell, MI, principal Kari Naghtin said, "*Without the Maintenance Program the bucketfilling message would most certainly fade. The annual visit by BFL re-energizes the spirit of bucketfilling to our entire school.*"

The Michigan Dept. of Education commonly references "The 3 R's", Rigor, Relevance, and Relationships. We believe our program provides a much needed focus on all 3 R's.

Program Comments, Feedback, and Words from our Student Bucketfillers

"This is our 3rd consecutive year with the Bucketfillers For Life program. Follow-up is crucial to make sure the message is reinforced. There is great value in BFL's Maintenance Program, and it enables my staff to carry the message forward in between visits much more effectively."

**Bill Cain, Principal
Village Elementary School,
Hartland, MI**

It was wonderful to hear (my daughter) express her feelings of love and appreciation. This is a great program! We are going to do bucketfilling in our family. We'll start by using your birthday idea.

5th grade parent, UTAH

This bucketfilling experience really touched me. As a parent, you hope you are reaching your children. Then something like this happens, and you realize you are! What a sweet concept! It's wonderful to know that my efforts do

not go unnoticed....

6th grade parent, UTAH

Mom, I love and respect you because your hairspray smells so good!

4th grade student, MICHIGAN

Dad, I love and respect you because even when you're tired after work you'll snuggle with me on the couch and watch my kid shows.

5th grade student, MICHIGAN

Dad, I love and respect you because I always feel safe and warm when you are around.

5th grade student, MICHIGAN

Grandma, I love and respect you because you hug me when I visit you even when you're all dirty from the garden.

4th grade student, MICHIGAN

This is weird that my little brother loves me. I can't believe it. I asked him if he had to do this and he said no. So my friends and me let him shoot baskets with us.

Incredulous older brother of 4th grade student, MICHIGAN

I certainly shed a few tears when (my daughter) told me all the reasons she loves and respects me. What a surprise! I never heard of a school putting on a program like this—great idea! Now I'm going to do this for everyone I love, and that is long overdue.

5th grade parent, MICHIGAN

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