



Have you filled someone's bucket today?

We kicked off the 2011-2012 school year by bringing the bucket-filling philosophy to Cary Elementary and continued to carry forth this philosophy. It's simple: Everyone has an invisible bucket. This bucket represents a person's mental and emotional health or self-concept. When someone does something kind, they fill your bucket. But more importantly, they fill their own bucket too. We fill buckets when we express encouragement, help, and friendship to others. Conversely, we can also dip from others buckets and our own by using unkind words and making poor choices.

This ties in directly with our Positive Behavior Support program and Cary Elementary's PRIDE. Last year, Mrs. Bawden, our guidance counselor, introduced bucket-filling to our students. This year, classroom teachers have been reading bucket books to your children to reintroduce the concept. Some of the titles include:

Have You Filled a Bucket Today? By Carol McCloud

How Full Is Your Bucket? For Kids By Tom Rath and Mary Reckmeyer

Growing Up with a Bucket Full of Happiness: Three Rules for a Happier Life By Carol McCloud

Both the teachers and the students have been filling one another's buckets during our first week. When you walk through our hallways, you will see teachers' decorated buckets hanging outside their classrooms. We invite you to join in on our bucket-filling fun! Here is a link to bucket-filling coupons that can be printed and filled out. You and/or your child can fill one out for a friend, staff member, or family member. Enjoy and thank you for your support!

http://myfunteacher.com/bucketfillers/filling_a_bucket_form.pdf