



# LifeSpan

Day Care You Can Trust For Children.

Dear Parents,

During the month of April, as part of our center-wide community building and character development program, teachers will be reading the book Have You Filled A Bucket Today? by Carol St. McCloud to the class. This book uses the metaphor of a bucket for the place where negative and positive feelings are kept based on our day-to-day experiences. We are discussing ways that we can 'fill each other's buckets' each day by helping someone in need without being asked, treating others with kindness and compassion, giving honest compliments, and remembering the golden rule to treat others as we would like to be treated. Doing something nice for someone else fills your OWN bucket and the bucket of the person you help!!



We also talked about 'bucket dipping,' which can happen when we 'dip into someone's bucket' by hurting someone else's feelings. This can happen through rude comments, refusing to help with a task, bragging, or excluding someone. This sounds a lot like bullying, but I have found that many students do not think of single actions as bullying. They often just think of someone who is mean all the time to a lot of people as a bully. However, with this system, it is easier for students to recognize that we all have had moments that were not our kindest towards others and that these moments CAN have a negative effect on others. This kind of behavior is UNACCEPTABLE at LifeSpan and we are working hard to create a community where it is not tolerated by anyone. Students also considered ways that they could 'put a lid on their buckets' to let less than helpful behavior from a classmate roll of their backs rather than dipping in their buckets and ruining their day. Telling an adult and letting it be handled, then moving on is another way to put a lid on it.

***Be a Bucket Filler!***

**Remember kind words cost nothing, but are priceless to receive.**

**Treat others as you would like to be treated.**

We are encouraging, reminding, and recognizing everyone's efforts to be bucket fillers at home, at school, and everywhere they go. We are excited about this new program and look forward to your support. If you would like to learn more about bucket filling, visit the Bucket Fillers website, [www.bucketfillers101.com](http://www.bucketfillers101.com). Bucket Fillers offer a free weekly e-newsletter for parents and teachers. [We encourage you to add this great book to your child's library.](#)

We hope you join us in support of our campaign. Even the youngest child understands that actions and words can either fill a bucket or dip into it. After all, we must start at a very young age to teach manners, kindness and respect.

Sincerely,

Nicole Fetherman

Executive Director