

Bucketfillers Forever!

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Resources to help teach bucketfilling

Bucketfilling is an easily understood metaphor that can quickly become a part of the social-emotional fabric of our lives, our families, and our communities. It is a forever tool accessible by us at all times that gives us a simple way to remember how we should treat ourselves and others while also providing a way for us to look back and reflect on how well we are doing.

In my opinion, a great way to teach the bucketfilling metaphor to others is to simply live it, as a habit, every moment of every day, in real time, with intentional consistency. 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, always try to show everyone what it looks like to use your lid. Also:

- Give more people a break more often
- Remember that everyone you meet deserves to meet you at your very best
- Be more forgiving, more flexible, and more fun
- Ask more than you tell
- When you don't understand someone, listen longer

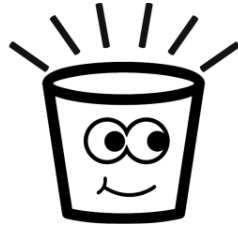
Keep it Simple

Simple Action Chant

I'm a Bucketfiller, I'm a Bucketfiller, I'm a Bucketfiller, Yes That's True!
 I don't dip in buckets, I don't dip in buckets, I don't dip in buckets, It's Not Cool!
 Kindness is the answer, Kindness is the answer, Kindness is the answer, Yippie Yahoo!

Simple Pledge

I hereby promise
 To do my best
 To fill more buckets
 And dip much less
 And always use my lid



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Simple Songs

The Bucketfiller Song words by Kelly Nickel

I always can choose
 It is up to just me
 I fill or I dip
 My choice is binary

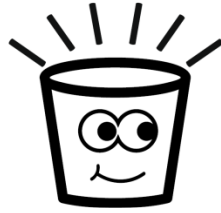
Bucket fillers are cool
 They are caring and kind
 So go fill a bucket
 They are easy to find

And so we all know how
 To be a bucket filling pro
 We fill more dip less
 Everywhere we go

Are You a Bucketfiller?

Are you're a Bucketfiller? (YES YES YES)
 Are you a bucket dipper? (NO NO NO)
 Are you're a Bucketfiller? (YES YES YES)
 Are you a bucket dipper? (NO NO NO)

Can you CLAP if you're a Bucketfiller? (4x)
 Can you BOUNCE if you're a Bucketfiller? (4x)
 Can you STOMP if you're a Bucketfiller? (4x)
 Can you TURN if you're a Bucketfiller? (4x)



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The Fill More Dip Less Song words by Kelly Nickel

Well I woke up this morning I was feeling boo hoo!
 I felt like sleeping in I didn't want to go to school
 But then I remembered how to put on my lid
 Decided to be happy I'm so glad that I did

I chose to fill more (dip less) fill more (dip less) fill more (dip less) and always use my lid

Then I got to school and I totally fell down
 I skinned up my knee and I was lying on the ground
 But to my surprise help was quickly on the way
 Three others picked me up and asked me if I was okay

They knew to fill more (dip less) fill more (dip less) fill more (dip less) and always use their lid

I walked into the classroom saw my best friend looking sad
 Looked like she was having the worst day she's ever had
 I put my arm around her told her I would be her friend
 My empathy and kindness helped her feelings start to mend

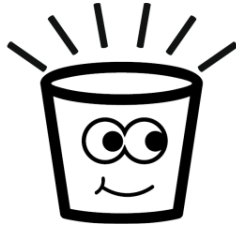
I try to fill more (dip less) fill more (dip less) fill more (dip less) and always use my lid

I open doors for others and give lots of high fives
 And when I make a dumb mistake I do apologize
 I make sure everybody feels included and safe
 I tell my friends all of the time I think that they're great

I like to fill more (dip less) fill more (dip less) fill more (dip less) and always use my lid

So every day each one of us has choices we can make
 We choose how we treat others from the moment we're awake
 We know that bucketfillers make the world a better place
 And filling buckets puts a smile on everybody's face

We all can fill more (dip less) fill more (dip less) fill more (dip less) and always use our lid



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Smile and Wave and Say Hello! words by Kelly Nickel

Smile and wave and say hello spread sunshine everywhere you go
 Fill more dip less always remember how to be a bucket filler
 Say and do the little things that make the world a sparkly place
 And treat all people in a way that puts a smile upon their face.

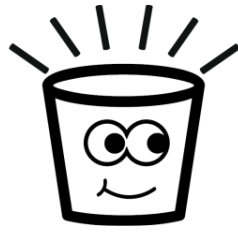
When you're at school help your teachers by doing your very best
 Say please and thank you take turns help out share always clean up your mess
 At recess it's a chance to practice being fair to everyone
 Remember that it's just a game and the whole point is to have fun.

If you make a dumb mistake and do or say something that's wrong
 Say I'm sorry it's my fault what can I do to make it right?
 If you are sincere when you apologize it won't take long
 They will soon forgive you and you all will sleep better tonight.

Try real hard to never frown help someone up if they fall down
 Make everyone feel special and included tell them "You're awesome!"
 Reach out and make a new friend now introduce them to everyone
 Treat everybody in a way that makes them say "I feel so welcome!"

Keep your lid on just in case you have a day that's not so great
 And if someone tries to dip your lid will keep your feelings safe
 If somebody's rude or being mean or acting like a brat
 You look them in the eye and say I like you but I don't like that.

Smile and wave and say hello spread sunshine everywhere you go
 Fill more dip less always remember how to be a bucket filler!



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My Lid's On Words by Kelly Nickel

Oh yes I've got this feeling of resilience starting to come on
 No matter what goes down today you know I still can have some fun
 I got my lid on tight nothing will be dippin' on me
 My attitude is positive and that's the way I'll choose to be

School started out okay I got all of my homework done
 But then the teacher said this pop quiz gonna be so fun
 I started to panic but then I found myself remembering
 A little stress is good for me and that's the way I choose to see

Later in the day is when it all started to go down hill
 I accidentally slipped on someone's discarded a banana peel
 Gravity was working and I landed right there on the ground
 But I just hopped back up again oh no I didn't even frown

So now I'm keeping my lid on my bucket all the time
 Because my lid helps keep my bucket full and helps to keep my feelings feeling fine
 I know that life is full of ups and downs and knuckleheads
 I just don't let them bother me and that's the way I choose to be

Videos to show

For younger kids

“Kid President: 20 things to say more often” <https://www.youtube.com/watch?v=m5yCOSHeYn4>

“Positive Attitude is Everything” <https://www.youtube.com/watch?v=m5yCOSHeYn4>

For older kids

“Free Hugs” https://www.youtube.com/watch?v=vr3x_RRjdd4

“Kindness Boomerang” <https://www.youtube.com/watch?v=nwAYpLVyeFU>

“Josh – Open Doors, Open Hearts” <https://www.youtube.com/watch?v=PIHtuKc3Gjg>