

# Hillview is a Bucket Filling School



EBS - Promoting our value of EMPATHY  
Promoting a culture of positive affirmations and interactions.  
Promoting a “Culture of Kindness”  
Creating a safe, connected environment where student confidence grows and learning flourishes.

## Foundation of the philosophy:

Everyone has an invisible bucket. This bucket holds all of your good thoughts and happy feelings. A full bucket helps everyone - children and adults - to feel good about themselves.

Based on the premise that, with practice, everyone can become skilled at the three rules of Bucket Filling. With a full bucket, you feel happy, friendly and confident.

## Rule #1: Be a Bucket Filler

“Be kind”. “Every time you say or do something caring and thoughtful, you add good thoughts and feelings to someone’s bucket.

The law of bucket filling: when you fill someone’s bucket - you also fill your own.

How to be a bucket filler:

Daily small things:

- should do this every day - in small ways (saying hello, thank you, helping out a classmate, noticing when someone does something well)
- hang out with bucket fillers
- being a good friend (trust, thoughtful,

Special acts - noticing and helping (thank you note to someone like the custodian, your coach or a neighbor)

Doing your best

Appreciating the outdoors

Filling your own bucket (telling yourself good job after you’ve work hard at something)

## Rule #2 - Don’t Dip

Don’t say or do mean things - this removes the good thoughts & feelings.

The law of bucket dipping: a) when you dip into someone’s bucket, you dip into your own.

b) people who dip, most likely have an empty bucket.

How to avoid dipping - stay calm, if it’s not nice, don’t say it.

Sincerely apologize

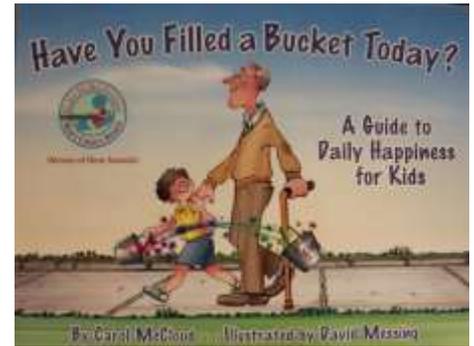
## Rule #3 - Use Your Lid

When someone does something mean or unkind - you can use your lid to control how many of your happy thoughts they “dip”.

- not believing the unkind things being said
- strategies of what to do (similar to bullying strategies)

Advanced Bucket Filling - acceptance of differences, standing up for others,

The idea of bucket filling comes from Donald O. Clifton's metaphor of the bucket and the dipper. Several authors have written books about the bucket, including this book by Carol McCloud and David Messing.



By becoming bucket fillers, we are creating a safe, connected school where students feel confident and care about others. Learning will flourish and smiles will be seen when buckets are full.



## Posters?

Every year, we host bucketfilling poster contests at Hillview. You can create one any time and drop it off at the office. It's a fun way to help share the message and fill our school with positive messages.

Posters should be:

- display a bucketfilling message
- (remember those three things: Fill buckets, don't dip and use your lid)



## How can you help at home?

Ask your child to tell you about the story of the bucket.

Share a story about a person who has filled your bucket.

Find ways to fill buckets every day.

Help your child make a poster (for school or your home)

Remind each other of the 3 rules:

1. Fill buckets
2. Don't Dip
3. Use your lid

