

OK Landing is a Bucket Filling School

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. It is 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

Every time you say or do something caring and thoughtful, you add good thoughts and feelings to someone's bucket. When you fill someone's bucket, you also fill your own.

How to be a bucket filler:

- * Be kind
- * Focus on daily small things:
 - a) do this every day – in small ways (saying hello, thank you, helping out a classmate, noticing when someone does something well)
 - b) hang out with bucket fillers
 - c) be a good friend (trustworthy, thoughtful)
- * Special acts - noticing and helping (thank you note to someone like the custodian, your coach or a neighbor)
- * Do your best
- * Fill your own bucket (tell yourself “good job” after you've worked hard at something)
- * Advanced Bucket Filling – acceptance of differences, standing up for others

Rule #2 – Don't Dip

- * Don't say or do mean things. This removes good thoughts & feelings.
 - a) when you dip into someone's bucket, you dip into your own.
 - b) people who dip most likely have an empty bucket.
- * Avoid dipping. If it's not nice it will dip from someone's bucket. If you do dip from someone's bucket, sincerely apologize and think about what you can do to try to make it right (start to fill the person's bucket).

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” by:

- a) not believing the unkind things being said
- b) using strategies of what to do (I-Messages, communicating your feelings and needs eg. “I feel ____ when ____ because _____. Please _____”

Please encourage your children to be bucket fillers at home and at school!

