

*We read **Have You Filled A Bucket Today?***

This is a philosophy and common language has been adopted by Griswold School. Students will hear it from kindergarten through grade five.

I wanted to share a bit about this philosophy with you. Hopefully your child has already spoken to you about it.

The book talks about how we all carry an invisible bucket and either fill or dip into each other's buckets all day. It's a very nice metaphor beautifully illustrated with words and drawings.

How do we become "bucket fillers"? By simple things like saying something kind, smiling, showing love, and making others feel special. The book gives great examples of bucket filling, such as telling your mom and dad that you love them and why, smiling and saying hello to the bus driver and inviting a new kid to play.

We have started to use this language in the classroom.

There is even a bucket hanging outside our room welcoming bucket fillers.

The book also uses the language "**Bucket dipping.**"

Being disrespectful, not using kind words, meanness etc. This has been a very effective tool for students at Griswold School.

We will even start to look at how sometimes actions: ignoring someone or moving away from them, can be dipper behaviors even if we didn't mean to dip into their bucket.

I encourage you to use this with your child at home.

I often hearing that *siblings* can be bucket dippers... As one of six children I certainly understand the dynamic and hope that this might be a positive influence (if needed) on those relationships in your homes.

There is an adult version of this concept if you are interested in reading more. Thank you for your support to make us all "Bucket Filling Kindergarteners."