



Bucket Filling, Bucket Dipping, and Using Your Lid

Review:

Bucket fillers fill buckets by noticing, naming, and celebrating people!

- *Bucket fillers* find that when they fill someone's bucket, their own bucket fills up too!
- It feels great to have your bucket filled by someone. It also feels good when we fill someone else's bucket!

But, we all have made the mistake of trying to fill our own bucket by "dipping" in another person's bucket (with name calling, teases, put downs, etc.). "Dipping" doesn't work.

- The only way to fill our own bucket is to fill the buckets of others!

We all have a personal responsibility to protect the good feelings we have about "ME". When you hear or see *bucket dipping* you need to *put a lid on your bucket* and protect the good feelings you have about YOU!

- *Using your lid* protects the good feelings we have about ourselves.
- *UPstanders* know that they can *put a lid* on other people's buckets too.

Using Your Lid:

1. When someone dips into your bucket, *use your lid* to take control of how you react. You can choose to react by protecting the good feelings you have about YOU!
2. *Stop, think, and consider* how to react.
 - Remember the wise advice of *Simon's hook*: Ignore; walk away; make a joke; distract; and /or ask for help to *put a lid on your bucket* and protect the good feelings you have about YOU!
3. *Bucket dipping* hurts! Be careful not to *dip into your own bucket* by insulting yourself or hanging onto hurt feelings. Use *positive self-talk* to replace negative thoughts with positive thoughts about YOU!
 - When *bucket dipping* hurts friendships, try using an "I statement" to tell friends how you want to be treated.
 - I feel _____ (state the feeling)
 - when _____ (state the behavior)
 - I would like _____ (state what you want to happen)

I feel angry when you call me names. I would like you to call me by my real name.

4. Your *lid* is a temporary way to protect YOU. Choose to be a *bucket filler* and your bucket will fill too! Find an ally to help. This ally can be a caring adult or an *UPstander*!
 - An *Upstander* or caring adult can help you use *your lid*. Having someone who will stand by you, listen to you, help you find something else to do, play with you etc. will help you *put a lid on your bucket*!
 - *Bucket dippers* need *bucket fillers*! Be an *UPstander*. Choose to give second chances.