



October Community Outing

Above: Students from Room 2 practice Bucket Filling by raking leaves at a Mentor Fire Station. Top, right: Room 6 is baking cookies to take to Firefighters to thank them. Bottom, right: Room 8 helping by raking more

Bucket Filling for First Responders

Related Services has been working with classrooms to get students out in the community. In the month of October, students practiced bucket filling by thanking Fire Stations in Mentor and Fairport. Some classes were able to rake leaves and personally thank firefighters while others made cookies and cards as a way to thank them.

As always on community outings, we practiced using expected behaviors and coping

skills if they were needed. Students used a lot of flexible thinking due to bad weather, which meant they had to do something other than rake leaves. Overall, students did a fantastic job. Some were even able to tolerate being in environments that were difficult for their sensory systems.

October was a success and we are looking forward to more community Outings and more successes!



What is Bucket Filling Anyway?

The “buckets” we refer to represent our emotional or mental self. When your bucket is full, you feel more confident, secure, calm, patient, and friendly. Your thoughts are positive, and you expect positive results. When your bucket is empty, you can easily become sad, negative, insecure, nervous, angry, depressed, stressed, worried, afraid, or physically ill. The language of bucket filling has become synonymous with being kind and thoughtful. This is a partial list of ways in which it's possible to dip into another's bucket: making fun of someone, saying or doing unkind things, refusing to help, and failing to show respect or being intentionally disrespectful. <http://www.bucketfillers101.com/>



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