

# Students 'fill their buckets' with positivity during assembly

Presentation teaches ways to approach life

By Angel Carpenter  
Blue Mountain Eagle

Humbolt and Seneca elementary students learned the benefits of a positive mindset, helpful actions, as well as resilience through an interactive program.

Motivational speaker Kelly Nickel of Redding, California, used props, singing and plenty of humor as he shared ideas with students from grades kindergarten through sixth on Thursday at the Humbolt gym. He also visited Prairie City School.

Nickel said some days are bad — maybe there was no bacon left at breakfast time, or you were assigned to clean the bathroom or someone pushed you down.

He showed two reactions to being pushed, as sixth-grade volunteer Sheldon Lenz gave Nickel a slight tap. One response was negative and vengeful, while the other was positive, laughing and shrugging off the offense.

Nickel used a simple bucket as a binary choice tool, symbolically showing how a person can add to a bucket, by being a positive "bucket-filler," or take away from the bucket, as a negative "bucket-dipper."

Nickel said having a positive response to a negative situation activates a "lid of resilience."

He added, "For big things, you need an adult or an ambulance."

Sixth-graders Hailey Mecham and Olivia Delgado demonstrated a few ways to say hello to someone, with "high tens" as they passed each other.

"Give everyone you meet a feeling of being special and feeling welcome," Nickel said.

Acts of kindness, helpful-



Motivational speaker Kelly Nickel shows how he'd like his volunteers to dance along to the song he's introducing to Humbolt Elementary students at Thursday's assembly. From left, sixth-grader Sivanna Hodge, sixth-grader Quinlan Taylor, fourth-grader Dominic Turner and third-grader Jassmin Harig.



Humbolt sixth-grader Sheldon Lenz smiles at Kelly Nickel who falls over-dramatically after a slight push from the sixth-grader. Nickel gave a motivational, interactive presentation on Thursday at the school.



Motivational speaker Kelly Nickel, in a sing-song voice, encourages the Humbolt Elementary students in Thursday's assembly to thank their Principal Kim Smith, standing at his right.



Humbolt Elementary students and staff participate in an interactive assembly on Thursday about 'filling their buckets' by having a positive mindset.



Humbolt sixth-graders Hailey Mecham, right, and Olivia Delgado demonstrate how to 'fill their bucket' by giving each other a 'high 10' with motivational speaker Kelly Nickel, left, offering instruction.

ness and compliments help fill a person's bucket, he said, adding that as one fills another's bucket, their own bucket is also filled. Likewise, dipping from another's bucket with negative behaviors, like

bullying, takes away from both buckets.

Nickel said he visits 70 schools a year with the bucket-filler message, which he said supports character education and social and emo-

tional learning.

"It helps kids remember to be more positive, kind and more helpful by doing little things that make a big difference," he said. "Once we see the benefits, we'll

want to do it more."

Humbolt Principal Kim Smith said the overall response from both students and staff has been positive.

"I noticed teachers incorporating reading Carol

McCloud's books on being a bucket-filler with their students as well," she said.

The Parent-Teacher Association paid for the assembly, and travel expenses for Nickel were shared with Prairie City School's PTA.

Books on the bucket-filling concept include: "Have You Filled a Bucket Today" by Carol McCloud, "How Full is your Bucket for Kids" by Tom Rath and Mary Reckmeyer, and, for adults, "How Full is your Bucket" by Tom Rath and Donald O. Clifton, Ph.D.

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