



DECEMBER 2015 VIRTUES (FRENCH INSERTION)



Bringing Virtues to Life

Building Our Future Through Education, History and Culture!

Compliments of:
Virgin Islands Department of Education
Division of Virgin Islands Cultural Education

Frequently Asked Questions

Learning More About the Virtues Project

What is The Virtues Project?

The Virtues Project was founded by Linda Kavelin Popov, Dr. Dan Popov, and John Kaveline in 1991. It is considered a global grass roots initiative to inspire the practice of virtues in all aspects of life. Honored by the United Nations during the International Year of the Family as a “model global program for families of cultures”, it serves as a catalyst for the renewal of kindness, justice, and integrity in more than 90 countries.

The Virtues Project continues to inspire and mobilize thousands of families, educators, leaders, and employees to commit acts of service and generosity, to heal violence with virtues, and to create safe and caring communities.

What are Virtues?

Borrowing six year old Sharon’s description, “Virtues are what’s good about us.”

Virtues are the essence of who we are. They are the content of our character and the basis of genuine happiness.

Why Virtues? Why Not Virtues?

Values are what we value and care about. They could be anything. We may value getting rich and famous, we may value power over others, but that doesn’t mean we will have good character. Values are culture-specific because what some families or cultures value, others don’t. Virtues are much more elemental than values. While values are culture-specific, virtues are universally valued to all cultures.

Why teach virtues?

Many teachers and administrators are finding that applying the strategies of The Virtues Project is transforming the culture in their schools by helping them to create a total environment of caring and respect.

They have replaced discouragement with empowerment, having discovered that words such as “lazy”, “retarded”, “stupid”, “unacceptable” were literally demoralizing and dis-courage-ing their students.

When they filled their classrooms with encouraging words, such as “helpful”, “excellent”, “compassionate”, self-disciplined”, “integrity”, and “kind”, they find these behaviors flourish.

Why has the Virtues Project been so successful?

Its success is credited to teaching and the application of their Five Strategies. These strategies are the signature contribution of The Virtues Project. They are based on the virtues that are universally valued by all culture and faiths.

This month and January 2016, Strategy #2 - Recognizing Teachable Moments - will be discussed.

What is Recognize Teachable Moments? Haim Ginott said, “In all situations, it is my response that decides whether a crisis will be escalated or de-escalated and a child (person) humanized or de-humanized.” It is important to turn stumbling blocks into stepping stones, by taking responsibility to clear up mistakes, by being open to learning from challenges, and by replacing shaming with naming virtues.

ACT with TACT is very useful in giving feedback to children and adults, in addressing goals or behaviors. It is a tool used by teachers, supervisors, managers, administrators, etc. to give performance feedback to employees and students. In doing this, you are making a “positivity sandwich”. You are using the power of Virtues Language.

*Always remember that humility is the goal, NOT humiliation.
NEVER use to be sarcastic and degrade someone.*

ACT with TACT (Positivity Sandwich): Acknowledge, Correct, Thank

1. Tell the individual about qualities and behaviors in them that you APPRECIATE, naming their **STRENGTH VIRTUES**.

For example:

I appreciate your tolerance and patience to the workload in the office, as a result of us being short staff.

2. Tell the person what you feel would be helpful to CHANGE or CORRECT, naming their **GROWTH VIRTUES**.

For example:

I encourage you to be mindful about what and how many task you are undertaking, so that you are able to honor all your commitments especially your assigned responsibilities.

3. Save some of the best for last by **THANKSGIVING** them for what you most appreciate. End on a positive note!

For example:

Your joyfulness spirit is one of your greatest attributes. You are truly understanding of others feeling and it makes the office a great place to work.

If additional information is needed and / or to request a presentation for PTA, staff meeting, church group, etc., who should be contacted?

Feel free to contact Virtues Project Facilitator, Arlene L. Pinney-Benjamin at 340-774-0100 x:2804 or alpbenjamin@doe.vi at the Virgin Islands Department of Education Division of Virgin Islands Cultural Education, which is located at J. Antonio Jarvis Annex.

DECEMBER 2015

VIRTUES OF THE MONTH:

Understanding

I am thankful for the gift of Understanding. It enlightens my viewpoint.

(November 29 - December 5, 2015)

Tolerance

I am thankful for the gift of Tolerance. It broadens my horizons.

(December 6 - December 12, 2015)

Patience

I am thankful for the gift of Patience. It helps me to keep my peace.

(December 13 - December 19, 2015)

Joyfulness

I am thankful for the gift of Joyfulness. It makes my spirit sing.

(December 20 - December 26, 2015)

Honor

I am thankful for the gift of Honor. It makes my life worthwhile.

((December 27, 2014 - January 2, 2016)

Upcoming

JANUARY 2016

VIRTUES OF THE MONTH:

Perseverance

I am thankful for the gift of Perseverance. It keeps me going.

(January 3 - January 9, 2016)

Determination

I am thankful for the gift of Determination. It is the wind in my sails.

(January 10- January 16, 2016)

Diligence

I am thankful for the gift of Diligence. It energizes my life.

(January 17 - January 23, 2016)

Purposefulness

I am thankful for the gift of Purposefulness. It gives my life true value.

((January 24 - January 30, 2016)

UNDERSTANDING

LA COMPREHENSION
(Understanding)

"Ce que le cœur comprend aujourd'hui, la tête le comprendra demain."
Anonyme



La compréhension, c'est le fait d'utiliser son mental pour penser clairement, de donner une attention soutenue afin de percevoir le sens des choses. Un mental qui comprend permet d'être perspicace et d'avoir des idées magnifiques. Un cœur qui comprend fait preuve d'empathie et de compassion envers les autres. La compréhension est le pouvoir de penser, d'apprendre et aussi de se préoccuper des autres.

 Virtues Project International

Signes de succès

Vous pratiquez la COMPREHENSION lorsque.....

- Vous vous concentrez et donnez toute votre attention à quelque chose
- Vous réfléchissez au sens des choses
- Vous avez une vision globale des événements
- Vous résistez aux distractions
- Vous vous mettez à la place des autres
- Vous pardonnez aux autres et à vous-même lorsque vous faites des erreurs.



J'ai de la compréhension. Je perçois la vérité dans les faits qui se produisent. J'ai un cœur compréhensif et je fais preuve d'empathie pour les sentiments des autres.

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CULTURAL PROVERBS

Bat-bowl-field-an'-keep

Meaning

Through understanding, there are times when we have to help others and to be all things and have to do all things.

ANANSI STORY

La Monde Tay-Tay

Broo 'Nansi A Selection of Anansi Stories
collected and transcribed by Lezmore E. Emanuel, Ph.D.

Although Compere Zayeh was the smallest and weakest animal, he was the only animal who truly saw the whole picture and avoided distractions to protect the woman's last son from her, especially after she had eaten 99 of her children.

Activities with Understanding



Activities with Understanding

Read a story and have students empathize with the characters and ask "If you were X, how would you feel?" Together, make a list of feelings on the board – sad, mad, glad, scared, embarrassed, confused, happy, and so on.

Read about Albert Einstein and discuss his late blooming as a student and as one of the greatest thinkers in the world.



Virtues Reflection Questions

- What happens when we don't pay attention?
- Share with a partner some of the things you find easy to understand and some that you find difficult to understand.
- What can you do when you have trouble understanding something in school?
- What are your biggest distractions?
- Name three things you can do to help you concentrate your mind.
- What is one of the most important things you have ever learned?
- What do you think great inventors do to come up with new ideas?
- When have you felt empathy and understanding for an animal or a person?
- When someone makes a mistake, what would help you to be understanding?



Drawing Understanding

Draw yourself doing something that you understand how to do well.



Poster Points

- Look. Listen. Think.
- A reflective mind.
- A compassionate heart.
- Awake and aware.
- Seeing the whole picture.



Quotable Quotes

"If one is master of one thing and understands one thing well, one has at the same time insight into and understanding of many things." Vincent Van Gogh

"What the heart understands today, the head understands tomorrow." Anonymous

"It is obvious that to be in earnest in seeking truth is an indispensable requisite for finding it." John Henry, Cardinal Newman

"Of course understanding of our fellow beings is important. But this understanding becomes fruitful only when it is sustained by sympathetic feeling in joy and sorrow." Albert Einstein

"Understanding a person does not mean condoning: it only means that one does not accuse him as if one were...a judge placed above him." Erich Fromm

LA MONDE TAY-TAY*

CRICK! CRACK! MONKEY BREAK HE BACK UPON CARRICOU ROCK!

One time there was a woman who had one hundred children. She ate ninety-nine of them, and only one son was left. As she advanced upon him to eat him, he dashed out of the house and down the street. He ran and ran until he met Compere Goat. He rushed to Compere Goat and panted:

"Compere Goat, Compere Goat! Please help me. I am the last of my mother's one hundred children. She ate the other ninety-nine and now she wants to eat me."

Compere Goat tossed his horns. "She won't bother you as long as you are with me. If she tries, I shall give her a butt with my sharp horns." The boy hid behind Compere Goat. Just then his mother came singing down the street:

La Monde Tay-Tay
La Monde pou allez
Pwanga-lang, ga-lang.

She sounded so fierce that Compere Goat said "Boy, save yourself. I am going to save myself." And with that Compere Goat disappeared in a swirl of dust. The boy ran on and on until he met Compere Cow. He ran up to Compere Cow.

"Compere Cow! Compere Cow! Save me. My mother wants to eat me. She ate the other ninety-nine of my brothers and sisters."

"Stand behind me," Compere Cow said, "I shall take care of her. If she tries to bother you I shall give her such a butt with my horns that she will never worry you again." So the boy stood behind Compere Cow.

Presently, they heard the woman coming down the street. She was singing:

La Monde Tay-Tay
La Monde pou allez
Pwanga-lang, ga-lang.

Compere Cow got so frightened that he began to tremble, all four knees knocking. As the song drew nearer and nearer, he said: "Boy, save yourself. I am going to save myself." Compere Cow took off so fast that only his heels could be seen going around the corner. The boy ran on. He ran until he met Compere Donkey. He rushed up to him, all out of breath:

"Compere Donkey, save me please. My mother wants to eat me. She has already eaten my ninety-nine brothers and sisters."

"Stay with me," Compere Donkey said, "If she comes near you, I shall let her taste my back hooves." The boy stood close to Compere Donkey.

Soon they heard approaching them:

La Monde Tay-Tay
La Monde pou allez
Pwanga-lang, ga-lang.

Compere Donkey was so terrified that he let out one snort of a bray and shouted: "Boy, save yourself. I am going to save myself." And with that Compere Donkey hightailed it from view. The boy was exhausted. With a final burst of speed he ran up to Compere Zayeh.*

"Compere Zayeh, Compere Zayeh! You must help me please. My mother is chasing me. She wants to eat me. She has already eaten my ninety-nine brothers and sisters."

*The Grenadian name for Broo Nansi

"You stay with me," Compere Zayeh said. "I will protect you." The boy wondered how Compere Zayeh, who was the smallest and weakest of all the animals he had asked for assistance, could help him. However, he was desperate and decided to take his chances with Compere Zayeh. Soon, they heard the terrible song approaching them:

La Monde Tay-Tay
La Monde pou allez
Pwanga-lang, ga-lang.

They were both very frightened and the boy began to shake. Compere Zayeh was shaking too, but he dashed to his house which was not far off and donned a suit made entirely of bits of glass bottle. When the woman with breasts like the world advanced on them, he went to meet her. Grabbing him up, she swallowed him whole. As she reached for her trembling son, Zayeh began to dance a calypso inside her. Soon she was dead and Zayeh came out. The boy was overjoyed and Compere Zayeh sent him on his way.

And that is why the old people always say: "You don't have to have strength if you have sense." The story end, and the wine bend, and I don't have a pen to write me nen-nen!

An Anansi Story from Grenada



TOLERANCE

LA TOLERANCE
(Tolerance)

"Chacun sourit dans la même langue." Anonyme



Etre tolérant, c'est être capable d'accepter les différences. Vous n'imaginez pas forcément que les autres pensent, parlent, paraissent et agissent comme vous. Vous êtes libre de préjugés, sachant que tous les humains ont des sentiments, des besoins, des espoirs et des rêves. La tolérance, c'est aussi le fait d'accepter avec patience et flexibilité que certains événements se passent différemment de ce que vous auriez souhaité.

 Virtues Project International

Signes de succès

Vous pratiquez la TOLERANCE lorsque.....

- Vous pouvez construire l'unité avec ceux qui sont différents de vous
- Vous êtes libre de préjugés
- Vous pouvez accepter les autres en étant amical et chaleureux
- Vous tolérez ce qui ne peut pas être changé
- Vous vous adaptez au lieu d'essayer de changer les autres
- Vous acceptez les gens tels qu'ils sont avec leurs défauts et différences.



Je suis tolérant. J'apprécie les différences. Je ferme les yeux sur les défauts des autres. J'accepte avec bonne grâce ce que je ne peux pas changer.

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CULTURAL PROVERBS

Any spoil is a stoil.
Dance toh drum beat.
Dance whe' yoh fine dem dancing'.

Meaning

Tolerance is necessary in any situation and you should make the best of what you have.
Learn to accommodate yourself to anything.

ANANSI STORY

Why Crab Walk Sideways and Have a Crack in the Back
Broo 'Nansi A Selection of Anansi Stories
collected and transcribed by Lezmore E. Emanuel, Ph.D.

As you read, you will discover the rewards of each sister's tolerance and intolerance!
Enjoy!

Activities with Tolerance



Virtues Sharing Circle

Have students form triads. (This can be done with the class as a whole if it is small.) Have a sharing circle about how it feels to be judged and criticized by others, how it feels when a friend or relative doesn't forgive us for a mistake we have made. Then share how it feels to be treated with tolerance and understanding. End the circle with Virtues Acknowledgments.



Virtues Reflection Questions

- Often we need to balance one virtue with another. Name a situation in which it would be foolish to be too tolerant, when instead you would need to be assertive.
- If someone wanted to play cards with you and your friend, and you were in the middle of a game, how could you be tolerant and assertive at the same time? What would you say?
- What would you do if someone offers you drugs?
- Name three kinds of prejudice (e.g., sexism, racism, etc.)
- What is it like for someone who feels excluded because they are different?
- What would you say if someone made a racist remark in front of you?
- Name three things people can do to spread Tolerance instead of prejudice.
- What are some things in your life that call for a tolerant attitude? (Things you wish were different.)



Drawing Tolerance

1. Write Tolerance at the top of a sheet of paper. 2. Draw a line down the middle of the paper. 3. On one side, draw a picture of a time others treated you without Tolerance: a time you felt prejudged, excluded, or treated intolerantly. 4. On the other side, draw a picture of a time Tolerance was being practiced toward you, when others included you, treated you with friendliness and understanding.



Poster Points

- Let's appreciate our differences.
- Unity in diversity.
- We don't put each other down. We lift each other up!
- Accepting the things I cannot change.



"Let yourselves be divested of prejudice."
Brigham Young

"Give to every human being every right that you claim yourself." Robert G. Ingersoll

"...practice tolerance and live together as good neighbors." United Nations Charter

"We may have come here on different ships, but we're all in the same boat."
Dr. Martin Luther King, Jr.

"Disagreements have been part of our relationship – along with forgiveness – as we are totally different personalities and love always remains." Claudette Renner

"Everybody smiles in the same language."
Anonymous

WHY CRAB WALKS SIDEWAYS AND HAS A CRACK IN HIS BACK

One time very long ago, there was a woman who had two beautiful daughters. One was sweet and even in disposition, helpful and very friendly. The other daughter, although beautiful, was of a rather cross and unpleasant temperment and decidedly unfriendly.

One day, the friendly sister went down to the beach to bathe. There she met an old woman who was horrible looking, to say the least. She was all bent up, with short picky hair, jiggers on her feet, and supported herself on a gnarled, crooked staff made out of a silk-cotton tree. She called to the girl in a harsh, cracked voice:

"Daughter, come rub me back lil bit, and help me take these jiggers out of me toes."



"Of course, Grandmother," the girl replied sweetly. She helped the old lady to scrub her back and to take the jiggers out of her feet. When she had finished, the woman thanked her:

"You are a good, kind girl and I will reward you." She touched the girl with her stick and at once she turned into a beautiful dove. She wheeled around the old woman's head twice in gratitude and flew away home. Once there, she turned back into a girl and told her mother and sister the story. The next day her disagreeable sister went down to the beach and met the old lady.

The old lady called to her, "Come daughter, and help an old lady to take a sea bath, and get the jiggers out of her toes."

"Are you crazy, Old Lady? Why should I help you to bathe and take nasty jiggers out of your toes? Did I put them there? You better mind your own business and leave me alone. In fact, the only reason that I came here is to be turned into a dove like my sister."

"Oh, I see!" said the old woman. "Well, come nearer so that I can give you reward for your treatment of me."

"That's better," said the girl ungraciously. She approached the old woman. "Now, hurry up," she said, "I don't have all day."

"For your kindness, graciousness, and willingness to help, may you be turned into..."

"Into what? I want to be a dove!"

"Into a crab," continued the old woman, "and walk sideways on crooked legs so all can know that it was your nasty disposition that made you so!"

The girl was very angry and tried to scream at the old woman, but all she could do was to click furiously with her claws. Then she tried to nip the old lady with her large claw. The old lady whacked her good on the back, cracking her shell.

"For that you will always remain a crab and will carry forever a mark on your shell to remind you of the way you treated an old lady." And so to this day, every crab you meet has a dent in its shell.

PATIENCE

LA PATIENCE
(Patience)

"Je veux être patient, maintenant, tout de suite!"
Anonyme



La patience, c'est l'espoir tranquille et la confiance dans le fait que les choses prendront finalement la bonne tournure. Vous patientez sans vous plaindre. Vous êtes tolérant et vous acceptez les difficultés et les erreurs. Vous visualisez l'aboutissement dans le commencement et vous persévérez pour atteindre vos objectifs. La patience est un engagement pour le futur.

 Virtues Project International

Signes de succès

Vous pratiquez la PATIENCE lorsque.....

- Vous tolérez calmement les délais ou les situations confuses
- Vous êtes prêt à attendre pour obtenir ce que vous voulez vraiment
- Vous vous fixez des objectifs et vous persévérez pour les atteindre
- Vous faites quelque chose dès maintenant en vue d'améliorer votre futur
- Vous acceptez ce que vous ne pouvez pas changer avec humour et bonne grâce
- Vous êtes tolérant lorsque des erreurs sont commises par autrui.



Je suis patient. Je suis bienveillant avec les autres et avec moi-même quand nous faisons des erreurs. J'attends calmement. J'ai confiance dans le fait que les choses se passeront bien.

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CULTURAL PROVERBS

Dag wake ah morning' an' seh 'e pray: an' seh: "Today eeder blow or bone."
Lang life bury lang rope.

Meaning

Patience is a virtue.

ANANSI STORY

Boar Hog

Broo 'Nansi A Selection of Anansi Stories
collected and transcribed by Lezmore E. Emanuel, Ph.D.

There was a pretty girl in a village whose expectation for a husband was very high.
Through her father's impatience you will discover the fate of her husband.

Activities with Patience



Window Garden

- Have a window box garden in which children can plant some colorful and fast growing flowers such as nasturtiums and marigolds as well as some herbs to bring home to their parents.
- Have children bring flowers they grow to share with other classrooms.
- Name the various flowers by virtues names: Moderate marigolds, Patient petunias, etc.



Virtues Reflection Questions

- When do you find it hard to be patient?
- What can you do to be patient when someone is late?
- Name three things you can do now that will help you to have an excellent career?
- What would help you to be more patient with family members?
- What are seeds doing when they are underground and we can't see them?
- What do seeds need in order to grow?
- What do you need in order to grow your patience?



Drawing Patience

Draw a beautiful garden.



Poster Points

- All will be well.
- Wait for it.
- Take life as it comes.



Quotable Quotes

"Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish." John Quincy Adams

"I want patience and I want it now!"
Anonymous

"Help us always to be hopeful gardeners of the spirit who know that without darkness nothing comes to birth as without light nothing flowers."
May Sarton

"Patience, patience, patience is what the sea teaches." Anne Morrow Lindburgh

"Patience may be defined as that quality of life which makes suffering creative; and impatience as that whereby suffering becomes a destructive force." Robert Llewelyn

"Patience and diligence, like faith, remove mountains." William Penn

BOAR HOG

One time there was a very pretty girl who lived in a small village. Because she was pretty, she was very vain. She declared that she would marry no man unless he wore a gold tooth in his mouth. Young men came from other villages to ask her hand in marriage but she refused all of them. No one was good enough. Finally, her father grew angry and said, "If you do not choose a husband from among the young men of this village or from the neighboring villages, I shall make you marry the first man to appear in the street on Sunday morning."

When the daughter heard this she was desperate and prepared to lower her standards a little and accept a man with ordinary teeth. But to her surprise and everyone else's, who should show up but a tall, handsome stranger with a golden tooth in his mouth! The daughter was deliriously happy. She planned a huge wedding and invited all of her former suitors.

However, her brother who was about nine years old did not like the man and suspected that he was up to something tricky. He noticed that the man carried the flute with him no matter where he went and would not let it out of his sight. He decided to follow the man and see what he was up to. So, one day after the man left he followed him. The man went into the bush and started to blow on the flute. Immediately, the man's nose broadened out, his back bent forward, a tail shot out and in a matter of minutes he had turned into a boar hog! The boy ran home and told his sister what he had seen but she refused to believe this.

The next day the man with the gold tooth came a-courting and the wedding date was set. All during the visit, the boy kept trying to ask the man if he was a boar hog. But his parents shut him up.

Well, the wedding day finally came and the whole village turned out for the wedding. The man with the gold tooth was dressed in his greatest and best black suit. The daughter was looking sweet in her wedding gown. And the little brother was watching the man with the gold tooth.

When the preacher asked the man to take the girl's hand, he had to put down the flute and the little boy grabbed it. After the ceremony, everybody started to dance. The band was playing a quadrille and the man was stepping high. All of a sudden, the boy began to play the flute. The man shouted:

"Stop him! Stop the little boy! Don't let him play the flute." But nobody was really listening because all the people were busy having a good time. The man began to get desperate. He kept trying to run away, but the guests kept holding him and saying:

"Dance, man! It's your wedding. It isn't every day that a man gets married." And the boy continued to play the music on the flute. Finally, the man's nose began to broaden, a tail popped out, his back started to bend, and he began turning into a boar hog in front of all the wedding guests.

Well, my peace! The people chased him, the dogs chased him, even the chickens chased him. When they caught him, they killed him, roasted him, and ate him. And that was the end of smart Mr. Boar Hog. As for the girl, she was so ashamed that her fine gentleman with the gold tooth turned out to be a hog that she married the first man to come into the street the next Sunday. And up to now you can hear the old people saying that "A gentleman is a boar hog."

JOYFULNESS

LA JOIE DE VIVRE
(Joyfulness)

"La joie est une affaire intérieure."
Don Blanding



La joie de vivre est le sentiment de paix et de bonheur que l'on ressent tout au fond de soi. Vous appréciez les petits cadeaux que la vie vous offre chaque jour. Sans la joie, lorsque le plaisir s'arrête, notre bonheur s'arrête aussi. La joie nous porte à travers les moments difficiles, même lorsque nous nous sentons vraiment tristes. La joie nous donne des ailes.

 Virtues Project International

Signes de succès

Vous pratiquez la JOIE DE VIVRE lorsque....

- Vous cherchez le bonheur en vous-même
- Vous appréciez tout ce que vous entreprenez
- Vous ressentez de la satisfaction à faire ce qui est juste à vos yeux
- Vous mettez en oeuvre des moyens créatifs afin d'éprouver du plaisir dans vos activités
- Vous avez le sens de l'humour
- Vous éprouvez une paix intérieure même lorsque les difficultés surviennent.



Je suis reconnaissant d'éprouver un sentiment de joie. J'ai du plaisir dans mon travail et dans mes jeux. J'apprécie les dons que chaque journée m'apporte.

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CULTURAL PROVERBS

Fowl nes' belong toh fowl

Meaning

What's yours is yours.

ANANSI STORY

The Slaves and the Waterhole
Broo 'Nansi A Selection of Anansi Stories
collected and transcribed by Lezmore E. Emanuel, Ph.D.

True joyfulness is indeed priceless!
Experience the price paid for short-term joyfulness!

Activities with Joyfulness



Virtues Sharing Circle

Sit or stand in a circle and each person shares one thing that they enjoy, or that brings them joy.

Joy Icebreaker

Have individuals move around the room and stand in front of another person, look into their eyes and ask "What gives you joy?" Then their partner asks them the same question. They then move to the next person and give a new answer.



Virtues Reflection Questions

- What gives you joy?
- Name three activities you enjoy.
- How can you practice joyfulness when things aren't going well?
- What cheers you up when you feel down?
- If you had a whole day in front of you, what would be the most enjoyable way to spend it?
- How can you enjoy a boring task?
- Share a funny thing that happened to you.
- Share one of the most enjoyable times you ever spent with your family.



Drawing Joyfulness

Make a collage or poster of the things in your life which give you joy.



Poster Points

- Joy gives us wings.
- My heart is full of joy.
- I enjoy life!
- Life is good.



Quotable Quotes

"Joy gives us wings! At times of joy our strength is more vital, our intellect keener, and our understanding less clouded. We seem better able to cope with the world and find our sphere of influence." 'Abdu'l-Baha

"Joy is an inside job." Don Blanding

*"He who binds to himself a joy
Doth the winged life destroy;
But he who kisses the joy as it flies
Lives in Eternity's sunrise."*

William Blake

"There is no such thing as the pursuit of happiness, there is only the discovery of joy."

Joyce Grenfell

"Joy is the presence of love for self and for others, a state of gratitude and compassion, an awareness of being connected to our higher self and of being one with everything."

Peggy Jenkins

THE SLAVES AND THE WATERHOLE

One time a gang of slaves was working in a field. The manager sent the overseer to call the driver and tell him where to go with his gang to work. At seven o'clock in the morning, he blew the conch shell for the slaves to go to work. The slaves began to ask the overseer to call for water. But there was no water to drink. The driver called the watertap man to bring water for the gang. When the watertap man came, he arrived at a pit. What did he find? He found a group of "ground" doves dancing. They were having a forecastle (forward part of a ship) dance. They had rum, gumbé drums, and tambourines. They beat them and danced. The watertap man put the tub on the ground near the pit. He went straight to dance. The bomba (headman of the crew) walked and watched but did not see the watertap man. He sent other men of the gang to go and bring the watertap man back. Each man went and found the dance. He jumped between the dancers and began to dance also. The bomba was there looking but he could not see anything whatever arriving. He sent three men and not one came back. The bomba said to himself that he would have to go himself. He took a long whip. He went with it to beat them till they cried in the fields. When the bomba went, he found the dance so sweet that he threw away the whip and jumped into the dance himself and began to dance with the gang. He danced and drank until he was stone drunk. The whole gang now got tired of waiting and came straight to the pit to look for water to drink. When they reached there, they found the dance so sweet that they did not bother with water to drink. They danced, all of them, until twelve o'clock.

When twelve o'clock blew, there was not a man in the entire field. The manager and the overseer had to go to the hill where the pit and the dancers were. They took all of them including the bomba. They beat all of them; each man received seven strokes and the bomba got fourteen.

HONOR

L'HONNEUR
(Honor)

"Mon honneur est plus important que ma vie."
Cervantes



L'honneur, c'est le fait de vivre selon les vertus en faisant preuve de respect envers soi-même et les autres. Vous tenez compte des règles auxquelles vous êtes astreint. Lorsque vous êtes honorable, vous tenez vos promesses. Vous faites ce qui est juste pour vous sans vous soucier de ce que font les autres. L'honneur est un chemin vers l'intégrité.

 Virtues Project International

Signes de succès

Vous pratiquez l'HONNEUR lorsque.....

- Vous menez votre vie en fonction des vertus
- Vous tenez vos promesses et l'on peut compter sur vous
- Vous évitez de commettre des actes dont vous pourriez avoir honte
- Vous respectez les règles que vous vous êtes fixées
- Vous faites ce que vous croyez être juste malgré tout
- Vous montrez le bon exemple aux autres.



Je suis honorable. Je respecte mes engagements et je traite les autres avec respect. Je suis soucieux de faire ce qui est juste à mes yeux.

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CULTURAL PROVERBS

Black fowl kin lay while egg.
Mighty oaks from little acorns grow.
Black cows give white milk.

Meaning

Because you might feel that someone is unimportant, it doesn't mean that he/she is not capable of great things.

ANANSI STORY

Tukuma and the Sugarcane
Broo 'Nansi A Selection of Anansi Stories
collected and transcribed by Lezmore E. Emanuel, Ph.D.

As you read, you will learn how Tukuma's work was honored!

Activities with Honor



Code of Honor

Create a code of honor for your school or class that reflects the values and ground rules you have.



Virtues Reflection Questions

- 1 Name a character from a story or film who lives honorably?
- 2 Name a person you know you can trust because that person is honorable.
- 3 Name three things that are in your personal code of honor, the rules you want to live by.
- 4 How can you make sure to keep your agreements?
- 5 How could you be honorable after making a mistake?
- 6 Practice honoring people in your class by saying "I honor you for the virtue of ... (name a virtue you see in them.) and I see it in you when you..."
- 7 How can you be loyal to your friends and honorable to what you think is right even when they don't?



Drawing Honor

Create your personal shield of honor, the virtues that are in your own code of honor and drawings that represent these strengths. Do it in four quadrants. Put in the top left

quadrant one of your strength virtues, in the top right quadrant one of your family's strength virtues, in the lower left, the word "Joy", in the lower right one of your challenging or "growth" virtues, one that needs to grow. Draw a symbol or illustration of the virtue in each quadrant.



Poster Points

- 1 On my honor.
- 2 Word of honor.
- 3 Code of honor.
- 4 Doing the right thing.



Quotable Quotes

"If peace cannot be maintained with honor, it is no longer peace." John Russell

"My honor is dearer to me than my life."
Cervantes

"Piety requires us to honor truth above our friends." Unknown

"There is no pillow so soft as a clear conscience." French proverb

"If you wouldn't write it and sign it, don't say it." Anonymous

"If you seek what is honorable, what is good, what is the truth of your life, all the other things you could not imagine come as a matter of course." Oprah Winfrey

TUKUMA AND THE SUGAR CANE

The king had a sugar cane field to be cleared. He sent for Tukuma to do the job and told him: "When the field is cleared, I will send for a man to make a fire and put on the big kettle so that we may have sugar."

Tukuma answered, "That is a masterful idea. As a matter of fact, I know the very man for the job. My friend Nansi is the man to do it because he knows how to make fire." He went and told Nansi the proposition.

Nansi said, "Yes, I will make the fire, but when I am finished, the king will have to give me fifty patacong and two tuns of sugar because it is a deep crop to clear."

Tukuma told the king what Nansi said and the king said, "Yes, I will give him that because it is a sweet crop there in the land."

On Monday morning, Tukuma rounded up several people to help him cut the sugar cane. They worked all week until the field was cleared. Then Tukuma told the workers, "You must come back next week."

The next week they returned and scoured the large coppers in the house in preparation for boiling the sugar, and prepared the big mills for grinding. They brought the sugar cane to the mill where it was ground. They then boiled the cane and took the syrup to the curing house for the molasses to come in. This was done until all the cane was ground and boiled. Then the sling was put into a tun to ferment into rum.

When the work was finished, the king called Tukuma and Nansi and asked them what they wanted for their labor. Tukuma asked for two tuns of sugar, 12 patacong, and a cow. The king decided that since they had not overcharged him, he would give them something extra. He gave them 100 patacong and a cow, plus two tuns of sugar each. He told them, "The gold you can take either in food as you need it or in parts." So they did as the king recommended. Then they took their food and went home and enjoyed the fruits of their labors.



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Bringing Virtues to Life

*Building Our Future Through
Education, History and Culture!*

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