

JULY 2015 VIRTUES (FRENCH INSERTION)



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

Bringing Virtues to Life

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

Learning More About the Virtues Project

What is The Virtues Project? The Virtues Project was founded in 1991 by Linda Kaveline Popov, Dr. Dan Popov, and the late John Kaveline. It is a global grass roots initiative to inspire the practice of virtues in all aspects of life; it has inspired and mobilized many 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's the difference between virtues and values? 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. Virtues are the essence of who we are; it's what's good about us. It's our inner quality of character, which sometimes is there waiting to be awakened. They are the content of our character and the basis of genuine happiness.

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 discouraging their students. When they filled their classrooms with encouraging words, such as "helpful", "excellent", "compassionate", "self-disciplined", "integrity", and "kind", they found that these behaviors flourished.

In review ... From September to June, we have discussed in detail the five strategies. During July and August, the strategies will be reviewed.

Strategy #1: "How to Speak the Language of Virtues"

For first strategy, *How to Speak the Language of Virtues*, our thoughts are expressed by using positive words such as appreciate, applaud, thank, acknowledge, and honor. The three elements of a virtues statement are:

- 1) An opening phrase
- 2) A virtue
- 3) How the virtue is being shown or needs to be shown

There are three kinds of statements - acknowledge, guide, and correct statement as outlined below.

Acknowledge Statement:

is used to express appreciation or encouragement of someone's action.

I applaud your determination to meet the deadlines.

Guide Statement:

is used to let someone know what you want them to do.

Please show your dedication in doing your path in the Division.

Correct Statement:

is used to correct and teach in positive ways without using words, such as but, etc.

I would appreciate your commitment in completing your tasks on time next time.

Strategy #2: “Recognizing Teachable Moments”

In the second strategy, *Recognizing Teachable Moments*, Always remember that humility is the goal, NOT humiliation. NEVER use it to be sarcastic and or degrade someone.

ACT with TACT is very useful in giving feedback to children and adults, in addressing goals or behaviors. It is a tool used by managers, administrators, teachers, 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.

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 helpfulness, stepping up whenever someone needs something done. You are incredibly friendly, connecting with customers and colleagues several times a day.”

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 discerning about what you say yes to so that you can be reliable and complete tasks by their deadlines. Please be mindful of other people’s time and be more purposeful in completing your work without as much socializing.”

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

For example: “Your enthusiasm is one of your greatest qualities. You have such an engaging way about you! You are one of our most creative employees, always coming up with new ideas to make things better. It is a joy to work with you.”

PUTTING THE POSITIVITY SANDWICH TOGETHER

I appreciate your helpfulness, stepping up whenever someone needs something done. You are incredibly friendly, connecting with customers and colleagues several times a day. I encourage you to be discerning about what you say yes to so that you can be reliable and complete tasks by their deadlines. Please be mindful of other people’s time and be more purposeful in completing your work without as much socializing. Your enthusiasm is one of your greatest qualities. You have such an engaging way about you! You are one of our most creative employees, always coming up with new ideas to make things better. It is a joy to work with you.

Strategy #3: “Setting Clear Boundaries”

The third strategy, “Setting clear boundaries is based on restorative justice. If there is a conflict in the classroom, workplace, and/or at home, the procedures on the adjacent page should be followed, for example all involved must want and be willing to partake in the restoration process (The Process of Restorative Justice). Each person should be given an opportunity to say what happened (Four steps to Restorative Justice). Based on what each said happened, resolving the conflict continues (Peace Talk Steps). The final steps, which is put in place to avoid reoccurrence, is setting rules (Effective Ground Rules). This process will govern how each will proceed in the restorative relationship.

The Process of Restorative Justice

In the ideal process of restorative justice, individuals:

- Take *responsibility* for what they do in order to ...
- Make *restitution*, which results in ...
- *Reconciliation*, which is to make friends again, which ...
- *Restores* the relationship and restores the offender to the community.

In this strategy, true forgiveness is first and foremost. In addition, justice requires there be some amends, an action or gesture to fix the problem, with the offender taking responsibility instead of merely being punished. In the ideal situation there is also reconciliation, restoring of friendship, and contentment on all sides with the outcomes. There are four steps to restorative justice.

Four Steps to Restorative Justice

1. Ask all involved what happened. Use how and what questions, NOT why.
2. Ask what virtues was missing to create the conflict.
3. Ask what it would look like if they had used the missing virtue.
4. Ask how they can make an amends.

Use Peace Talks in Your Home and Workplace to Resolving Conflict ... Peace Talk Steps

- Take turns *Truthfully* telling your experience of what happened.
- Listen *Respectfully* to the other person’s point of view.
- Share how you *Honestly* felt.
- *Creatively* find a virtue you each need.
- Use *Justice* and *Forgiveness* to decide how to do it differently next time.
Congratulations! You have solved a problem *Peacefully*!

Ten Guidelines for Effective Ground Rules

1. *Be moderate*: Only have 4 or 5 rules
2. *Be specific*: Focus on the behaviors specific to your situation.
3. *Be positive*: Base rules on virtues and word them positively when you can.
4. *Establish specific, relevant consequences for bottom line behaviors*.
5. *Make consequences Educative, NOT Punitive*: Give an opportunity to make reparation.
6. *Be Consistent*: Be trustworthy—keep your boundaries.
7. *Communicate Rules Clearly*: Use visuals. Humor helps.
8. *Be sure everyone understand the virtues involved when receiving consequences*.
9. *Make Ground Rules Non-Negotiable*: Be sure that you can live with the rules and then keep them.
10. *Be Assertive*: Make your expectations clear.

Who can be contacted for additional information? Feel free to contact Virtues Project Facilitator, Arlene L. Pinney-Benjamin at alpbjbenjamin@doe.vi or 340-774-0100 x: 2804 at the Virgin Islands Department of Education Division of Virgin Islands Cultural Education.

JULY 2015

VIRTUES OF THE MONTH:

Humility

I am thankful for the gift of Humility. It is my greatest teacher.

(July 5- July 11, 2015)

Flexibility

I am thankful for the gift of Flexibility. It keeps my spirit supple.

(July 12 - July 18, 2015)

Orderliness

I am thankful for the gift of Orderliness. It brings harmony to my life.

(July 19 - July 25, 2015)

Moderation

I am thankful for the gift of Moderation. It frees me to enjoy my life.

(July 26 - August 1, 2015)

Upcoming

AUGUST 2015

VIRTUES OF THE MONTH:

Assertiveness

I am thankful for the gift of Assertiveness. It is the guardian of my dignity.

(August 2 – August 8, 2015)

Modesty

I am thankful for the gift of Modesty. It reminds me that I am enough.

(August 9 - August 15, 2015)

Cleanliness

I am thankful for the gift of Cleanliness. It frees my spirit.

(August 16– August 22, 2015)

Detachment

I am thankful for the gift of Detachment. It lifts me up.

(August 23 - August 29, 2015)

HUMILITY

L'HUMILITE
(Humility)

"Nous nous rapprochons de la grandeur lorsque notre humilité devient profonde."
Rabindranath



Etre humble signifie considérer les autres comme étant aussi importants que soi-même. Vous tenez compte de leurs besoins et vous vous mettez à leur service. Vous n'êtes pas parfait et n'attendez pas des autres qu'ils le soient. Vous tirez profit de vos erreurs. Lorsque vous réalisez de grandes choses, l'humilité vous rappelle le besoin d'être reconnaissant plutôt que d'être arrogant.

 Virtues Project International

Signes de succès

Vous pratiquez l'HUMILITE lorsque.....

- Vous considérez les besoins des autres autant que les vôtres
- Vous vous excusez et vous corrigez lorsque vous blessez les autres
- Vous tirez profit de vos erreurs et vous changez pour vous améliorer
- Vous demandez de l'aide lorsque vous en avez besoin
- Vous faites de votre mieux sans chercher à impressionner les autres
- Vous êtes reconnaissant au lieu d'être arrogant.



Je suis humble. Je ne juge ni les autres ni moi-même. Je valorise ma capacité à continuer de grandir et d'apprendre.

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CULTURAL PROVERBS

“Cut yoh coat to suit yoh cloth”

Meanings:

Based on available resources, you must exercise humility and set your goals accordingly.

FOLKTALE

“The Beautiful Girl and the Jigger Foot Man”

Broo Nansi - - A Selection of Anansi Stories

Collected by Dr. Lezmore E. Emanuel

After the Jigger Foot Man proposed to the Beautiful Girl over and over again, discover how she exercised humility!

Activities with Humility



Humble Tea

Have a tea party and have people take turns serving one another.



Virtues Reflection Questions

- ❶ What is one of the “best” mistakes you ever made – one that taught you the most.
- ❷ How can you show humility when you hurt someone else’s feelings?
- ❸ Name three ways to make a true apology.
- ❹ What helps you to accept your mistakes and move on?
- ❺ Name two things you could do to be of service to someone in your family.
- ❻ What does it feel like to be criticized and blamed?
- ❼ What does it feel like to be around someone who always thinks they know more than you?
- ❽ What does it feel like to hide a mistake you have made?
- ❾ What would give you the courage to admit it and make amends?



Drawing Humility

Draw a picture of a team of athletes who have won a game, being thankful and sharing their happiness together.



Poster Points

- ❶ Free to be you and me.
- ❷ Learning life’s lessons.
- ❸ Looking for the teachable moments.
- ❹ Willing to keep learning.



Quotable Quotes

“The life which is not examined is not worth living.” Plato

“No one is better than anyone else, and no one really believes that.” Tolbert McCarroll

“We come nearest to the great when we are great in humility.” Rabindath Tagore

“Humility is to make a right estimate of one’s self.” Charles Haddon Spurgeon

“The first test of a really great man is his humility.” John Ruskin

THE BEAUTIFUL GIRL AND THE JIGGER FOOT MAN

Tim! Tim! Bapa Bel Come! One time there was a very beautiful girl who was as proud as she was beautiful. She refused to marry any of the local young men who asked her hand in marriage. She insisted that she only marry a man dressed in golden clothes and riding on a golden horse.

One day as she was taking a walk, she came upon a man riding on an old sway-backed donkey. The man's feet were covered with jiggers.

"Pretty girl, will you marry me?" he asked.

"Me? Marry a jigger-foot man? You must be crazy! I will only marry a man dressed in golden clothes and riding on a golden horse." She tossed her head and continued on her way. A little further on she met to her delight and surprise a man dressed in golden clothes and riding a golden horse!

"Pretty girl, will you marry me?" he asked.

"Of course I will marry you!" she replied eagerly. "All my life I have been waiting for a man such as you to come along." So they were married in the biggest wedding the village had ever seen. He took her to live in his beautiful house where she found his first wife. This woman had been very beautiful once but now her face was stained with tears and her eyes forlorn with sorrow. The man left them together and went out to invite some friends to dinner. As soon as he was out of sight, the first wife said to the beautiful girl:

"He really is the Devil. You must hurry away from here. He plans to kill and eat you!" She gave the girl some corn to feed the cock that was in the yard.

"When that cock crows, he will return. He must not find you here!" The girl fed the cock and hurried as fast as she could to her mother's house. There she told the whole story.

Soon, the cock finished eating the corn and crowed. The Devil returned to find her gone. He took his golden horse and rode to her mother's house to get her. After he took her to his house a second time, he asked her why she had run away when he had gone to invite guests to the wedding feast. He made her promise to remain at home and again went out. This time the first wife gave her some oats to give the golden horse. "When the horse neighs, he will return, and he must not find you here."

Again, the girl hurried home. The horse soon neighed and the golden man returned home to find only his first wife waiting for him. This time when he rode to fetch the girl home again, she resisted: "I don't want to go, mother, I don't want to go."

Her mother replied with a sad sigh: "He is your husband. You must go."

So one more time she returned to the house of the man in the golden clothes. Again, he left to invite some friends to the wedding feast and again the first wife said to the girl: "Take this and give it to the dog. As soon as the dog barks he will return and this time he will surely kill you and eat you!"

So saying, the first wife handed the girl a bowl of water which she gave to the dog. This time she did not go home but went wandering sadly along the seashore. As she wondered what must be her fate, who should come riding along on his sway-backed donkey but the Jigger Foot Man!

"Save me, save me," the girl cried, "the Devil wants to kill and eat me."

"I will save you on one condition," replied the Jigger Foot Man.

"What's that?" inquired the girl.

"I will save you on the condition that you clean all the jiggers from my feet and that you marry me.

"Oh, I will! I will!" shouted the girl and falling to her knees proceeded to remove the jiggers from the man's feet. He then put the girl into a boat and took her across the sea.

When the Devil arrived home and found the girl gone, he began to suspect that it was his first wife who had been helping her to escape. He made her tell him where the beautiful girl had gone. He crossed the sea on his golden horse and came to the house where the Jigger Foot Man and the girl lived. He told the man that he had come for the girl. They invited him inside and had him sit down over a trap door.

"Make yourself comfortable," the Jigger Foot Man said. "The girl is getting ready."

What the Devil didn't know was that right below the trap door they were heating up a huge copper kettle of water. He kept asking if they were ready and they kept saying "no."

Finally, the man sang out, "We are ready!" The Devil stood up and released the trap door spring and down he plunged into the boiling water. I am afraid that he was boiled alive. As for the girl, she lived with the Jigger Foot Man and devoted her life to keeping his feet free from jiggers. And me? I went there and you know they were eating crow and did not give me any. That is why I have come to tell you this story.



FLEXIBILITY

LA FLEXIBILITE
(Flexibility)

"Ne résiste pas! Nage avec le courant!"
Anonyme



La flexibilité, c'est le fait d'être ouvert au changement. Vous prenez les idées et les sentiments des autres en considération et vous n'insistez pas sur votre propre opinion. La flexibilité vous donne une nouvelle approche créative pour agir. Vous vous débarrassez des mauvaises habitudes et en apprenez de nouvelles. La flexibilité vous aide à changer pour vous améliorer.

 Virtues Project International

Signes de succès

Vous pratiquez la FLEXIBILITE lorsque.....

- Vous tirez parti de vos erreurs
- Vous voulez changer vos mauvaises habitudes
- Vous imaginez de nouvelles façons d'agir
- Vous êtes ouvert aux idées et aux sentiments des autres
- Vous êtes capable de faire face à un événement imprévu
- Vous allez avec le courant. Vous faites confiance à l'imprévu.



Je suis flexible. J'accepte le changement dans ma vie. J'utilise ma créativité. J'accueille positivement les surprises.

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CULTURAL PROVERBS

“E gi’e yoh basket foh carry wata, but if yoh clever yoh put ah plantain leaf ah bottom “

Meanings:

In life we have to be flexible and adapt to circumstances.

FOLKTALE

“Compere Zayeh and Compere Donkey”

Broo Nansi - - A Selection of Anansi Stories

Collected by Dr. Lezmore E. Emanuel

Through Compere Donkey’s flexibility experience how and if it got him first prize!

Activities with Flexibility



Flexibility Chain

Have children make a chain by holding hands, then get themselves into a knot, by stepping over hands etc. or weaving in and out. Then have them straighten out the chain without dropping hands.

How Many Ways?

Put on some music and ask everyone to do one motion trying to be as different from each other as possible, e.g., hands clapping, turning in a circle, bending knees up and down.

Tell a Story with Puppets

Have children divide into groups and make puppets, then have a show in which one puppet is very rigid and wants everything to go his or her way. A friend shows him how to become flexible and how friends like to be around someone who can be flexible.



Virtues Reflection Questions

- What is it like to be around people who are not flexible?
- Name some habits or ways of behaving which do not show flexibility.
- Name some actions that do show flexibility.
- Name some sports or arts that require flexibility. Do some stretches and toe touches.
- Discuss how many ways you could prepare or cook a vegetable you like to eat. (e.g. boil, bake, fry, eat raw, in strips, whole, mixed with other vegetables).



Drawing Flexibility

Make two drawings on a sheet of paper: First, draw a tree that is likely to be blown down in a windstorm. Then, draw a tree that is likely to survive the storm, (e.g., oak and willow).



Poster Points

- I bend but do not break.
- Go with the flow.
- I welcome surprises.
- Change for the better.
- Day by day, little by little.



Quotable Quotes

"Go with the flow." Anonymous

"I bend but do not break." Jean de la Fontaine

"A man should endeavor to be pliant as a reed, yet hard as cedar wood." The Talmud

"Do I contradict myself? Very well then I contradict myself. (I am large, I contain multitudes)." Walt Whitman

"I learned when hit by loss, to ask the right question: 'What next?' instead of 'Why me?'" Julia Cameron

"Change is just an attitude away." Anonymous

COMPERE ZAYEH AND COMPERE DONKEY

It was carnival time and everybody was happy and excited. All the villagers were busy practicing and making costumes for the occasion. Compere Zayeh determined to win first prize in the jour overt or Ol' Mas' (at the beginning of carnival). He thought and studied how to make a costume so unique and original that he would have to be awarded the first prize. While he was thinking, he decided to brew some cane rum. He drank some and began to laugh and sing and dance. He did a fantastic "buck up" and everybody clapped and said: "Compere, you are bound to win first prize in the Ol' Mas'." Zayeh laughed some more and danced some more.

But as he sobered up he thought: "If I drink cane juice on Ol' Mas' it will go to my feet and make me dance. But it will also go to my head and make me drunk. I don't want to be drunk for Ol' Mas'."

Then he hit on a plan. He went to see Compere Jackass. Now Compere Jackass was not the brightest person in the world, and although he had been fooled by Zayeh several times, that did not prevent him from believing whatever Zayeh told him next.

Compere Zayeh said "Compere Donkey, I hear that you are entering the Ol' Mas' competition!"

Now nothing of the sort had ever entered Jackass' head, but he was so stupid that he replied: "Yes, Compere. I decided to try my hand this year."

"Well, what costume are you going to wear?"

"Costume?" asked Compere Donkey vaguely. "Costume?" He was not even sure what a costume was. Zayeh chuckled slyly to himself.

"Well, I will tell you something Broo. Let us enter together as one entry. Since you are bigger than I, I will ride you. Then I can sing and you can dance."

"Dance, Compere? I don't think I know how to dance!" What a dudduy!

"Don't worry Donkey. Leave that to me."

So Zayeh went home and brewed a large batch of cane rum. Then he invited Jackass to come and have dinner with him. He plied him with rum and more rum. Compere Jackass got royally drunk.

Zayeh climbed on his back and shouted: "Dance, Compere Jackass, dance!"

And man, Compere Jackass put down one bucking up and wining up, you would not believe! He did not feel too well the next day, but Zayeh praised him and told him that they had rehearsed the act the night before and that he had danced well. Poor Jackass could not remember anything of the evening, but if Zayeh said it was so, it was so.

At last jour overt came. Everyone was out playing Ol' Mas' and dancing. Compere Zayeh and Compere Donkey went into town. Zayeh was carrying the cane rum in a demijohn. When it was time for their performance, Zayeh said:

"Come on Compere, you must be hot and thirsty. Drink some of this delicious punch I made." Compere Jackass drank. "That's it, Compere, drink up!" Zayeh encouraged him.

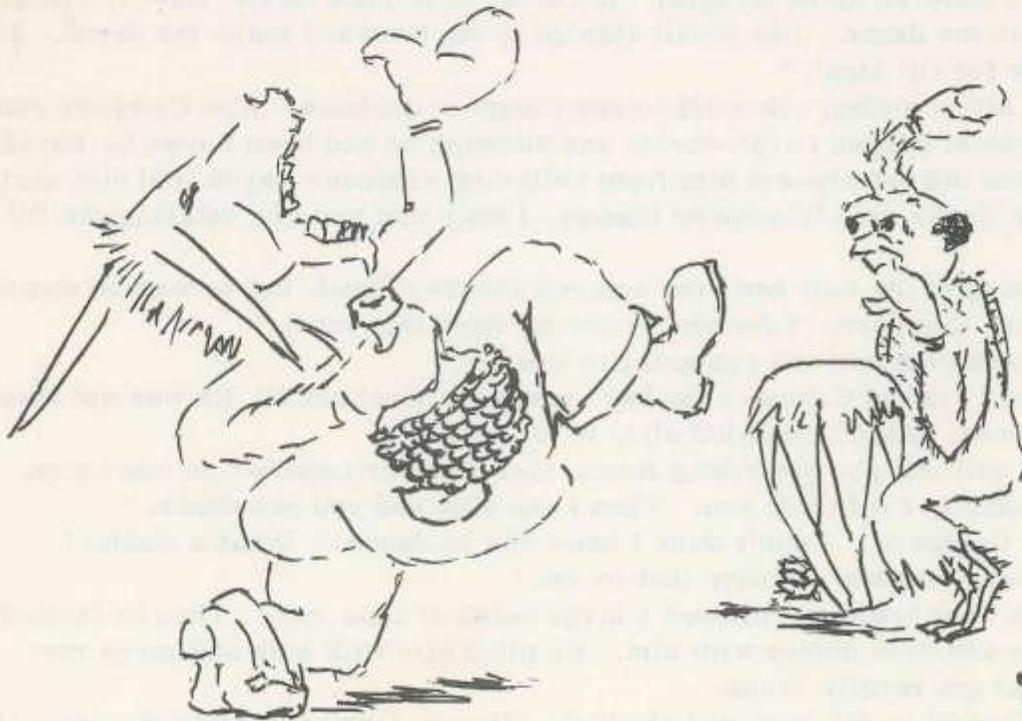
By the time they were ready to go on stage, Compere Jackass was drunk out of his mind. Zayeh mounted on his back and the music began to play. Compere Jackass bucked and kicked, flung up first his front legs then his back. Tossed his head and pricked up his ears. And the onlookers clapped and clapped.

Then Zayeh shouted "I demand first prize for me and my Jackass. See how wonderfully he has danced. My Jackass and I deserve first prize."

Everybody standing around shouted: "Yes, yes! Compere Zayeh and his Jackass have won the first prize."

And then and there the judges decreed that since Compere Zayeh and his Jackass had performed first class, and had won first prize that they should appear every year in the Ol' Mas'. And to this day, Jackass is a standard feature in the Ol' Mas' parade.

An Anansi Story from Grenada



ORDERLINESS

L'ORDRE
(Orderliness)

"Si vous ne savez pas où vous allez, soyez sûr que n'importe quelle route vous y amènera."
Lewis B. Carroll



Avoir de l'ordre c'est être soigneux et vivre en harmonie avec son environnement. Vous êtes organisé et vous savez où sont vos affaires quand vous en avez besoin. Vous résolvez les problèmes étape par étape au lieu de tourner en rond. L'ordre qui règne autour de vous crée l'ordre en vous-même et vous donne la tranquillité de l'esprit.

 Virtues Project International

Signes de succès

Vous pratiquez l'ORDRE lorsque.....

- Vous avez une place pour ranger chaque objet
- Vous rangez vos affaires toujours au même endroit
- Vous avez un plan avant de commencer un travail
- Vous créez un espace harmonieux où vous vous sentez en paix
- Vous appréciez la beauté et l'ordre de la création.



Je vis cette journée en respectant l'ordre. Je fais mon travail étape par étape. Je crée la beauté et l'harmonie dans mon espace de vie.

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CULTURAL PROVERBS

“Order is ah God’s first order”

Meanings:

Orderliness gives your stability in your life and is of utmost importance.

FOLKTALE

“Tukuma and the Prickly Bush”

Broo Nansi - - A Selection of Anansi Stories

Collected by Dr. Lezmore E. Emanuel

As you read, you will learn how Tukuma was rewarded for his orderliness in cleaning the prickly bush!

Activities with Orderliness



Beauty and Order

- In teams, organize and neaten your classroom space. Decide what would beautify it.
- Make a plan for putting your own space at home in order.

An Orderly Plan

Brainstorm a problem such as how to eliminate bullying and come up with a step-by-step plan.

Step-by-Step

- Write down each step of your morning routine.
- Write down each step of how to prepare your favorite snack.
- List the things you want to do this weekend and put them in order of priority.



Virtues Reflection Questions

- What does it feel like to be in a messy place?
- What does it feel like to be in a clean, orderly place?
- What is our responsibility to the earth in preserving order and beauty?
- What happens inside you when you keep things around you in order?
- What are some problems that feel difficult to solve?
- Name three steps you can take to solve one of those problems.
- What would you like to do in a more orderly way?



Drawing Orderliness

Draw a picture of the perfect bedroom with exactly what you would like to have in it and everything placed just where you want it.



Poster Points

- A place for everything.
- Everything in its place.
- Step-by-step.
- All my ducks in a row.
- Harmony in my life and in my space.



Quotable Quotes

"The journey of a thousand miles begins with a single step." Confucius

"Order and simplification are the first steps toward mastery of a subject – the actual enemy is the unknown." Thomas Mann

"Art and science cannot exist but in minutely organized particulars." William Blake

"Order is not a pressure which is imposed on society from without, but an equilibrium which is set up from within."
Jose Ortega Y Gasset

"If you don't know where you're going, any road will take you there." Lewis B. Carroll

TUKUMA AND THE PRICKLY BUSH

The king called Tukuma to clear a patch of prickly bush for him. He told Tukuma that he would like to give him 1200 patacong, but that at this time he was unable to do so.

Tukuma said, "As you would like to give me that, there must be something good you can give me until I finish chopping the bush."

The king said to him, "I will give you half of the gold now and the other half after you have cut the bush." Tukuma agreed.

The next week he called Nansi who helped him chop the bush. When they had chopped it, the king asked them to burn the bush. When they had finished that, he said that they had the other part to do and by that they would fulfill the whole of their promise to clean the bush.

When they were finished cutting and burning the bush, they went to the king for food. The king gave them everything they wanted; food and drink, so that they were not in want.

MODERATION

LA MODERATION
(Moderation)
"Modération en toutes choses." Terence



Etre modéré signifie savoir créer un équilibre sain dans sa vie entre le travail et le jeu, le repos et l'exercice. Vous n'en faites pas trop et vous ne vous laissez pas submerger par les choses que vous aimez faire. Vous faites preuve de discipline pour gérer votre temps et votre vie.

 Virtues Project International

Signes de succès

Vous pratiquez la MODERATION lorsque.....

- Vous avez ce dont vous avez besoin, ni plus ni moins
- Vous faites preuve de discipline pour ne pas vous laisser submerger
- Vous prenez soin de votre santé
- Vous équilibrez le travail et les loisirs dans votre vie
- Vous connaissez vos propres limites et vous les fixez pour vous-même
- Vous êtes content d'avoir en suffisance.



Je suis modéré. Je suis reconnaissant et content d'avoir ce dont j'ai besoin. J'utilise mon temps et mon énergie de manière sage. Ma vie est bien équilibrée.

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CULTURAL PROVERBS

”Goat Dress up as Lamb

Meanings:

Be moderate in all your aspirations, don't try to be who and what you're not.

FOLKTALE

“Nansi and the Pigeon Peas”

Broo Nansi - - A Selection of Anansi Stories

Collected by Dr. Lezmore E. Emanuel

Explore what Nansi's lack of moderation caused his friend!

Activities with Moderation



Design Your Life

Create a Mind Map of the way you spend your time and notice how balanced it is. Put plus marks from 1 to 5 by the amount of time you spend working or studying, helping in the house, playing, spending time with friends or on the phone, TV or computer time, exercise and rest. In which areas do you need to spend less time? In which areas do you need to spend more?

Moderation Story

Tell the story of Goldilocks and the Three Bears.



Virtues Reflection Questions

- What are some of the things we can get addicted to or just overdo?
- What happens to us when something like food or a person rules our lives?
- What are some of the easiest foods for you to get addicted to?
- What happens to people who drink too much alcohol?
- What is it like when someone talks too much?
- What happens if someone talks too little?
- How much sleep do you need and how can you be sure to get it?
- Name three ways you can take better care of your health.



Drawing Moderation

Make a cartoon strip with several drawings showing a moderate day.



Poster Points

- Not too hot, not too cold.
- Not too much, not too little.
- Just right.
- Living a balanced life.
- Easy does it.
- Enough is enough.



Quotable Quotes

"Easy Does It." Slogan of Alcoholics Anonymous

"Moderation is the silken string running through the pearl chain of all virtues."

Joseph Hall

"Enough is enough." Anonymous

"Moderation in all things." Terence

"Conscience is a still small voice that makes minority reports." Franklin P. Jones

"The best of blessings, a contented mind."
Horace

"Just as nature needs balance, people need balance." Anne Wilson Schaeff

"We are not human doings, we are human beings." John Bradshaw

NANSI AND THE PIGEON PEAS

One time a man planted his garden with pigeon peas. The peas did well and bore a beautiful crop. They were so beautiful that everybody who passed wanted some. The owner of the peas said to himself, "H-m-m, the peas is really lovely, and if I don't do something about it, the neighbors will steal some." So the very next day he hired a watchman to guard the peas.

Now, this watchman couldn't read and Nansi who had been watching the peas with watering mouth knew this. So he decided to play a trick on the watchman and get some of the peas. He went and got an old envelope and took it to the watchman and said, "Look! Master says to give you this!"

The man took the envelope and looked at it. He scratched his head and grumbled, "Master know that I can't read and still he sends me a letter!" He turned to Nansi: "What am I supposed to do with this thing?"

Nansi played it smart and said, "Let me read it for you." He took the old envelope and looked at it and pretended to read: "Tie Mr. Nansi in the fattest part of the pigeon peas and when he is full, let him go." So the watchman did this and Nansi ate and ate. When he was full, he called to the watchman: "Let me go, now." And the watchman let him go.

Soon the owner of the peas came on the scene and saw that the best part of the pigeon peas was missing. He asked the watchman, "What happened to the peas?" The watchman told him. He said, "When he comes again, tie him and hold him until I come."

The next day Nansi pulled the same trick. The watchman tied him up in the best part of the peas and when he was finished eating he called to the watchman to untie him. But the watchman refused. Nansi saw that things were bad. He called to the man, "If you don't let me go, I'll spit on the ground and I bet you rot!" This frightened the watchman and he let Nansi go. When the owner came, the watchman told him the story.

The owner said, "The next time hold him. No matter what he says HOLD HIM!"

So when Nansi did his thing the next day the watchman would not let him go. The owner finally came and took Nansi home with him. He tied Nansi to a large tree and started to heat up a large piece of iron in the fire. Nansi started to cry.

Now, who should come along but Broo Lion. Broo Lion saw Nansi under the tree, crying. "Why are you there Broo Nansi, and why are you crying?"

"Oh, me Lord, me God. These people in the house over there want me to eat with them, and I don't know how to use a knife and fork."

"Ha! ha!" roared Lion. "You are too silly. Look, I know how to use a knife and fork. Let me take your place and eat the dinner for you."

Nansi pretended to consider this offer and at last agreed sadly, "Yes, I think it is the best thing. I believe that the people are going to be disappointed because they were depending on me to be there for dinner. But since you know so much about knife and fork I think you had better stay." And with that Lion untied Nansi and Nansi tied Lion in his place.

Nansi took off into the bush and climbed a tall tree to watch what was happening. The owner came out of the house and took up the red-hot iron. He was so angry that he did not care whether it was Lion or Nansi tied to the tree. He took the hot iron

and shoved it into Lion's ear. Lion roared with pain, burst the chain and lopped off into the bushes. He stopped under the very tree in which Nansi was hiding. Nansi was so frightened that he began to shake and Lion looked up and saw him. But Nansi was smart. He started hollering out:

"People! people! See here; see here; the man you are looking for is over here."

At the outcry all the villagers and the dogs and everything took out after Lion, with the owner in front brandishing his hot iron. Lion was so scared that he took off into the dense underbrush and to this day has not been seen in these parts!



Building Our Future Through Education, History and Culture!



Bringing Virtues to Life

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