



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

# JUNE 2017 VIRTUES



## Bringing Virtues to Life

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

# *Learning 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.

Who can be contacted for additional information? Feel free to contact Virtues Project Facilitator, Mrs. Arlene L. Pinney-Benjamin at [alpbenjamin@sttj.k12.vi](mailto:alpbenjamin@sttj.k12.vi) or 340-774-0100 x: 2804 at the Virgin Islands Department of Education Division of Virgin Islands Cultural Education. To learn more please visit [www.virtuesproject.com](http://www.virtuesproject.com).

In review ... From September to May, the five strategies have been discussed. The strategies will be reviewed from June through August.

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

In Strategy #1, *How to Speak the Language of Virtues*, our sentiments are expressed by using positive proactive 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 offer encouragement of someone's action.

I appreciate                      your integrity                      in completing all assignments professionally.

### *Guide Statement:*

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

Please be                      dedicated                      in keeping all staff members informed.

### *Correct Statement:*

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

I would appreciate                      your respect                      in addressing all staff members.

## **Strategy #2: “Recognizing Teachable Moments”**

For Strategy #2, *Recognizing Teachable Moments*, Always remember that humility is the goal, NOT humiliation. NEVER use it to be sarcastic and or to 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 enthusiasm and dedication to attaining your goals and objectives. Your ideas are creative and quite commendable.

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 to share your ideas with the staff, so it can be a reflection of the staff and not an individual. Please be courteous and respectfully when sharing your displeasure with the staff members.”

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 and dedication to the organization are among your greatest qualities.

### **PUTTING THE POSITIVITY SANDWICH TOGETHER .....**

I appreciate your enthusiasm and dedication to attaining your goals and objectives. Your ideas are creative and quite commendable. I encourage you to be mindful to share your ideas with the staff, so it can be a reflection of the staff and not an individual. Please be courteous and respectfully when sharing your displeasure with the staff members. You are being applauded for your enthusiasm and dedication to the organization.

# *Upcoming*

## **JULY 2017**

### **VIRTUES OF THE MONTH:**

#### **Humility**

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

(July 2- July 8, 2017)

#### **Flexibility**

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

(July 9 - July 15, 2017)

#### **Orderliness**

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

(July 16 - July 22, 2017)

#### **Moderation**

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

(July 23 - July 29, 2017)

# **JUNE 2017**

## **VIRTUES OF THE MONTH:**

### **Helpfulness**

*I am thankful for the gift of Helpfulness. It allows me to make a difference.*

(May 28- June 3, 2017)

### **Service**

*I am thankful for the gift of Service. It makes my life a prayer.*

(June 4 - June 10, 2017)

### **Generosity**

*I am thankful for the gift of Generosity. It helps me to give and receive abundantly.*

(June 11 - June 17, 2017)

### **Enthusiasm**

*I am thankful for the gift of Enthusiasm. It makes life simply wonderful.*

(June 18 - June 24, 2017)

### **Creativity**

*I am thankful for the gift of Creativity. It allows my talents to flower.*

(June 25 - July 1, 2017)

# HELPFULNESS

**Helpfulness** is doing useful things for others - - things that make a difference to them, no matter how small. It is taking the time to be thoughtful, reflecting on what people truly need and assisting them respectfully. We help others by doing things they cannot do for them-selves. It is often easier to give help than to receive it. It takes courage to ask for help when we need it. There is always plenty of help when we are willing to ask. When we work selflessly to benefit the lives of others, we always bless our own.

“It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself.”

*Ralph Waldo Emerson*

## The Practice of Helpfulness

*... I practice helpfulness when I ...*

Look for little ways to make life easier for others.

Do a service without being asked.

Offer my support in respectful ways.

Give people what they need, not always what they want.

Allow others to be helpful to me.

Strive to be a blessing to others.

## Affirmation:

I am helpful. I look for ways to be of service. I care for others and myself.

I look for helpful ways to make a difference.

## CULTURAL PROVERBS

“One hand can’t clap.”

## Meanings:

We all need to give a helping hand to others whenever possible.

## FOLKTALE

“Nansi and Monkey”

Broo ‘Nansi A Selection of Anansi Stories

Collected and Transcribed by Lezmore E. Emanuel, Ph.D.

In reading Nansi and Monkey,  
you will explore how Nansi’s helpfulness protected his friend, Broo Monkey!

# Activities with Helpfulness



## Making a Difference

- Discuss what would be helpful to your school and design a project to make a difference.
- Remember to ask permission before you do it.



## Virtues Reflection Questions

- How are you helpful at home?
- Describe a time you helped an animal.
- Name three ways you could be more helpful at home.
- How would you be helpful to a substitute teacher?
- When have you needed help and how did it feel?
- Was it easy or difficult to ask for help?
- What was it like to receive help?
- When have you been helpful to someone outside of your family?
- How can you tell if what someone asks you to do for them is helpful or not?
- What is the most helpful way to respond if someone is injured?



## Drawing Helpfulness

Draw a picture of a person or an animal who needs help and someone helping them.



## Poster Points

- Show that you care.
- Caring is a special way of loving.
- Yes, I care!
- Giving my best.
- Earth is our home. Let's take care of our home.



## Quotable Quotes

*"I would help others out of fellow-feeling."*  
Robert Burton

*"If I can stop one Heart from breaking  
I shall not live in vain  
If I can ease one Life the Aching  
Or cool one Pain  
Or help one fainting Robin  
Unto his Nest again  
I shall not live in vain."*  
Emily Dickinson

*"No one can sincerely try to help another  
without helping himself."* Unknown

*"Oh, I get by with a little help from my  
friends."* John Lennon and Paul McCartney

*"I expect to pass through this world but once;  
any good thing therefore that I can do, or any  
kindness that I can show to any fellow crea-  
ture, let me do it now; let me not defer or  
neglect it, for I shall not pass this way again."*  
Anonymous

## NANSI AND MONKEY

Nansi and Monkey were good friends. They were walking together one day when Nansi asked Monkey: "Broo Monkey, how much smarts you have?"

Broo Monkey replied, "Man, Broo, I am very smart. I have plenty smarts."

Nansi said, "I am only half smart. I gave my very good friend all my cleverness and kept only half." They walked on until they came to a deep hole in the road. At the bottom of the hole was Broo Tiger. Nansi called down, "What's the matter, Broo Tiger? You can't get out?"

"What is the matter with you?" roared Broo Tiger. "If I could get out do you think that I would still be here?"

Nansi turned to Monkey, "You know, he has a point there?" He turned back to the hole, "Would you like us to help you out?" he shouted.

"Don't shout, I am not deaf. Of course I would appreciate your help."

Nansi told Monkey that since he had a long tale that he should lower it so that Tiger could climb out. When Tiger was out he pounced on Monkey to kill him. Broo Nansi scampered up a tree. Poor Monkey didn't know what to do.

Broo Nansi yelled, "Ah, ha! Broo Monkey! Where are your smarts now? See how easy Broo Tiger catch you?"

Monkey was so frightened and so angry at Nansi at getting him in this position that all he could do was wave his paws and tail in frustration.

At last Nansi took pity on Monkey. He hollered down to Tiger, "Tiger, you catch Monkey and will not even give thanks to heaven for your good luck? Shame! You must hold out your arms and then clasp you hands on your head and give thanks."

Broo Tiger, feeling extremely foolish did so. As soon as he put out his arms, Monkey escaped. Tiger was so surprised that Monkey got away clean. As he and Nansi raced through the forest Nansi said:

"You think you have more smarts than me, now, Broo Monkey?"

Dazed with fright and exhausted from running, Monkey could only shake his head. As they sped on Nansi said:

"From now on check your smarts before boasting." And ever since that day Monkey goes from branch to branch above the ground because Tiger is still waiting for him on the ground.

# SERVICE

Using our gifts to be of *Service* is the fullest expression of our lives. Each day, we find a multitude of ways to be useful. Whatever we may achieve, the quality of our own life comes from the quality of our contribution. First and foremost we serve our loved ones. We notice what others need, discover their wishes, and respond helpfully. We don't wait to be asked. A spirit of service invests whatever we do with excellence. We give our very best effort. People who want to be of service can change the world.

“Everybody can be great ... because anybody can serve. You don't have to have a college degree to serve ... You only need a heart full of grace. A soul generated by love.”

*Rev. Martin Luther King, Jr.*

## The Practice of Service

*... I practice service when I ...*

Look for opportunities to be useful  
Work with wholehearted enthusiasm  
Do thoughtful things for my family and friends  
Don't wait to be asked when something needs doing  
Give freely of my time and attention  
Use my gifts to make a difference in the world

### Affirmation:

I am a person of service. I have compassion for those who need help.  
I do my part to make a better world.

## CULTURAL PROVERBS

“Many hands mek wuk light. “

### Meanings:

In completing a task if all join together with our special gifts and talents,  
the task will be completed quickly.

## FOLKTALE

“Broo Nansi, Broo Tukuma, and the Potato Field”

Broo ‘Nansi A Selection of Anansi Stories

Collected and Transcribed by Lezmore E. Emanuel, Ph.D.

Experience the rewards of service as you read  
Broo Nansi, Broo Tukuma and the Potato Field!

# Activities with *Service*



## Service Project

1. Brainstorm the needs students see in their town or in the world. Ask "What touches your compassion?"
2. Choose a simple act of service that can make a difference and is respectful to those who will be helped.
3. Create task force groups in your class to do different parts of it, keep a log of activities, and report each week.
4. Be sure to celebrate the completion of your service project, with a simple ritual like a gratitude circle. "I am thankful for... I am glad we could..." or a party.



## Virtues Reflection Questions

- How do you feel when you do something of service for someone else?
- Name three ways your parents are of service to you.
- Name three ways you are of service to your family?
- What difference does it make to do your work with a spirit of service?
- How do you show you care about others?
- Name people you know about who need others to help them.



## Drawing Service

Draw someone doing an act of service for someone or something.



## Poster Points

- At your service.
- Reduce, re-use, recycle.
- It's a small world.
- Taking care of each other and our world.



## Quotable Quotes

*"Everybody can be great...because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love."*

Martin Luther King, Jr.

*"Great works do not always lie in our way, but every moment we may do little ones excellently, that is, with great love."* St. Francis de Sales

*"I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble."*

Helen Keller

*"The real value of your life can only be gauged by what it gives to the world."*

Sir Wilfred Grenfell

*"The need for devotion to something outside ourselves is even more profound than the need for companionship ... we all must have some purpose in life; for no man can live for himself alone."* Ross Parmenter

## BROO NANSI, BROO TUKUMA, AND THE POTATO FIELD

The king had a potato field to reap. He needed someone strong and honest so he asked Tukuma to reap the ground for him. Since Tukuma needed help, he decided to ask his friend Broo Nansi. He said to him, "I want you to go with me tomorrow morning to reap the king's potato patch. Come to my house tomorrow and we will go together."

Next morning, Nansi arrived bright and early. Tukuma offered him some tea and they ate before going to the king. When they arrived at the king's palace the king asked Tukuma, "What do you need to reap the potatoes?" Tukuma answered by going to the cellar and bringing up two hoes. Then they left.

When they arrived at the potato field, they realized that it was a huge affair. So they went back to the king, and Tukuma said to him, "The potato field is too large. Nansi and I alone cannot do it. We need two more men to help us."

The king said, "No, you take your time and dig the potatoes because, as everybody knows, the more people you have the less potatoes you get. They will come at night with their baskets and take the potatoes to sell them. So you don't need any more people to dig the potatoes. When you dig the potatoes, you may cook some where you are and eat them because when you are hungry you can't work."

So while they dug, they cooked the potatoes. When the potatoes were ready, Nansi told Tukuma, "The potatoes are ready." But they had nothing to eat with the potatoes. So Tukuma sent Nansi to the king to tell him that they had cooked the potatoes but that they needed something to sweeten them.

The king then sent a side of beef to be eaten with the potatoes. When Nansi got back with the meat, Tukuma stopped working and they cooked the meat and ate it under a large tree. While they were eating, the king brought them a bottle of rum.

They told the king, "When a man works hard, he must eat well."

The king replied, "I know that. That's why I brought you something good to eat and drink." And they ate and drank. Then they rested a while.

They worked hard at digging up the potatoes, and finally they had dug up all the potatoes. The king sent a mule cart for the share of the potatoes that belonged to him.

The last day, the king said to Tukuma, "The potatoes that you have dug today, do not take them to the palace. Put them into a heap to divide between you two.

Tukuma took a half tun and measured the potatoes. On the Friday, the day they had finished working, they gathered the potatoes in a heap. On the Saturday they divided up the potatoes and took them home. Each one had three tuns of potatoes. There, they cooked and they ate. The king gave them a cow to divide between the two of them to eat with the potatoes.

They told the king, "Many thanks."

Then the king said to Tukuma, "I have another field and I send for you, you must come and dig the potatoes for me."

Tukuma said, "Yes. I don't want to see your labor go down the drain, so I will come and dig them for you."

# GENEROSITY

**Generosity** is giving to others something that is of value to us. Generosity is a quality of spirit that calls us to share what we have. We also allow others to give to us. Every gift is doubly blessed, bringing joy to the giver and the receiver. Generosity helps us to give time and attention to the feelings, needs and views of those around us. It springs from a sense of abundance and gratitude for the limitless richness of life. We give cheerfully without expecting anything in return. We are receptive to blessings. Generosity encourages us to share the bounty.

“The fragrance always remains in the hand that gives the rose.”

*Mahatma Gandhi*

## **The Practice of Generosity**

*... I practice generosity when I ...*

Willingly share with others

Give fully and freely

Listen to others with openness and receptivity

Take time each day to be grateful

Am a cheerful giver

Willingly receive all the bounties life offers

## **Affirmation:**

I am generous. I look for opportunities to give and to share. I take time to be thoughtful.  
I give freely, fully, and joyfully.

## **CULTURAL PROVERBS**

“Goat good heart mek „e tail behin“ „e back.”

## **Meanings:**

Because of a person’s generosity he will always be behind.

On the contrary, generosity has been proven to be beneficial to both the recipient and especially the giver. The giver receives double blessings and much rewards.

## **FOLKTALE**

“Thin Foot, Big Belly, and Big Head”

Broo ‘Nansi A Selection of Anansi Stories

Collected and Transcribed by Lezmore E. Emanuel, Ph.D.

In Thin Foot, Big Belly, and Big Head,  
learn what the lack of Big Belly’s generosity caused him and his brothers!

# Activities with Generosity



## Generosity List

Make a list of ways you can be generous

- with your time and energy
- with your belongings

Think of something generous to do for someone in your family and do it!

## Gift Wish Box

Decorate a small recycled box or tissue container. Make some paper hearts and write on each of them some gifts you wish to give others, such as an act of service (washing the dishes, setting the table), or a toy you are willing to share for a day. Let someone take a heart out of the box, and then be generous!



## Virtues Reflection Questions

- When do you find it most difficult to share? When do you feel like sharing?
- How do you feel when someone does not share with you? How do you feel when someone does share with you?
- What helps you to be generous?
- Who is it hard to be generous to? Who is it easy to be generous to?
- Have you ever sacrificed something that was important to you? How did that feel?
- When is it important to balance generosity with assertiveness about what you choose to share?
- What boundaries do you need to set with people who are not gentle with your things?
- Name three ways you can be generous at home today.



## Drawing Generosity

Draw three of your favorite things. Are these things to share or things to keep only for your own use? (Deciding that is up to you!) Include one thing that you are willing to share.



## Poster Points

- Giving freely, giving fully.
- Giving joyfully.
- Sharing yourself.
- The more we give the more we have.



## Quotable Quotes

*"What goes around comes around."* Unknown

*"One of the marks of true genius is a quality of abundance."* Catherine Drinker Bowen

*"A man of humanity is one who, in seeking to establish himself, finds a foothold for others and who, desiring attainment for himself, helps others to attain."* Confucius

*"A cheerful giver does not count the cost of what he gives. His heart is set on pleasing and cheering him to whom the gift is given."* Julian of Norwich

*"The more one gives, the more one has."* Chinese Proverb

*"Whatever you give to others is also a gift to yourself."* Sanaya Roman

## THIN FOOT, BIG BELLY, AND BIG HEAD

One day, Thin Foot, Big Belly and Big Head went to raid the neighbor's garden. In the middle of the garden stood a huge pawpaw tree with large ripe pawpaws. Since Big Belly could climb, he went up the tree and began to pick the pawpaws. As he picked them he ate them. His brothers on the ground begged him:

"Please brother Big Belly, send us down some pawpaws."

But he ate the pawpaws and threw down the skins.

They pleaded again, "Please brother Big Belly, send us down some pawpaws!"

But Big Belly only threw down the skins.

At last, he ate all the pawpaws that were ripe. His belly had become so large that he could not climb down from the tree. Well, in his efforts, he simply dropped to the ground where his belly burst. Big Head laughed and laughed and laughed till his head fell off.

Thin Foot became so frightened that he decided to run home and tell his mother. In his haste he stepped into an ant hole and broke his leg! And that was the end of Big Head, Big Belly and Thin Foot!

# ENTHUSIASM

*Enthusiasm* is being filled with spirit. It means “God within”. When we live with enthusiasm, we are excited about life and are open to the wonders each day holds. We do things wholeheartedly, with zeal and eagerness, holding nothing back. We allow the excitement of the moment to fill us. We enjoy good humor. We live in the moment and appreciate what we have, finding joy in simple pleasures. We are cheerful and optimistic about what is to come. Enthusiasm helps us to imagine what is possible. We follow our dreams with true joy.

“And whatsoever you do, do it heartily.”  
*Colossians 3:23*

## The Practice of Enthusiasm

... *I practice enthusiasm when I ...*

Am excited about my life  
Do things wholeheartedly  
Am inspired by simple things  
Put love and joy into what I do  
Smile, laugh, and have a good sense of humor  
Have a positive spirit

### Affirmation:

I am full of enthusiasm. I give 100% to whatever I do. I use my imagination.  
I am open to the wonders in store for me today.

## CULTURAL PROVERBS

”Mash ants sof“ so youh could fine “e guts.”

### Meanings:

Enthusiasm is very important to any task, however it is advised that you don’t overdo things.

## FOLKTALE

“The Slaves and the Waterhole”

Broo ‘Nansi A Selection of Anansi Stories

Collected and Transcribed by Lezmore E. Emanuel, Ph.D.

Discover how the enthusiasm at the pit affected the slaves and the bomba!

# Activities with Enthusiasm



## Activities with Enthusiasm

- Do a game such as musical chairs, once without enthusiasm, once with. Then talk about how it felt different each time.
- Take a simple object, like an apple or a chair and describe it twice: First, as if it is the most boring thing in the world and second, as if it is the most delightful, wonderful thing.



## Virtues Reflection Questions

- How do people without enthusiasm look, sound, act? (Their faces, their movements, their voices)
- What do enthusiastic people look like?
- What activity do you do with enthusiasm?
- What are you enthusiastic about for the future?
- What kinds of work or careers require enthusiasm?
- What difference can enthusiasm make if you have a boring job to do?
- What helps you get back to enthusiasm when you are bored or sad?



## Drawing Enthusiasm

Draw something you are really looking forward to doing when you are older.  
Draw a picture of a bored, boring person and a cheerful, enthusiastic person.



## Poster Points

- Wow!
- That's great!
- Full of spirit.
- Simple Pleasures.
- What a great day!
- Life is fun.



## Quotable Quotes

*"Enthusiasm, n. 1.a. Rapturous interest or excitement. b. Ardent fondness. 2. Something that inspires a lively interest. [Greek enthousiazein, to be inspired by God]."*  
The American Heritage Dictionary

*"When an optimist gets the worst of it, he makes the best of it."* Anonymous

*"Life is fun."* Benjamin Hoff

*"To be successful, the first thing to do is fall in love with your work."* Sister Mary Laretta

*"It don't mean a thing if it ain't got that swing."* Duke Ellington and Irving Mills

*"Man is just about as happy as he makes up his mind to be."* Abraham Lincoln

*"All that we need to make us really happy is something to be enthusiastic about."*  
Charles Kingsley

## 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.

# CREATIVITY

***Creativity*** is the power of imagination. We are open to inspiration, which ignites our originality. With creativity, we are resourceful and intuitive. We solve problems in new and surprising ways. We know how to play. We take time for dreaming. Discovering our own special talents is a gift to the world, whether making a meal, playing a sport, or creating a craft. Creativity connects us to beauty of sound, design, color, movement, ideas and words, and allows us to bring something new into the world. Creativity brings our gifts to fruition.

“Let us use the different gifts allotted to each of us by God’s grace.”

*Romans 12:6*

## **The Practice of Creativity**

*... I practice creativity when I ...*

Treasure my imagination  
Am innovative in solving problems  
Take time for inspiration  
Entertain my dreams  
Remember to play  
Develop my gifts through learning and discipline  
Dare to be original

## **Affirmation:**

I am creative. I have special gifts and use discipline to develop them.  
I am open to inspiration. I am happy to be myself.

## **CULTURAL PROVERBS**

“Variety is the spice of life.”

## **Meanings:**

Creativity helps to add flavor to life.

## **FOLKTALE**

“Broo Nansi and Broo Alligator”

Broo ‘Nansi A Selection of Anansi Stories

Collected and Transcribed by Lezmore E. Emanuel, Ph.D.

In Broo Nansi and Broo Alligator,  
discover how Broo Nansi used the virtue of creativity to cross the river!

# Activities with Creativity



## Activities with Creativity

- Write a poem or make up a song. Create a dance. Make up a skit.
- Tell a progressive story, by starting it and allowing different students to finish it. "Once upon a time there was a \_\_\_\_ and (he, she, it) was very \_\_\_\_ ... and they lived happily ever after."
- "Thingamabob": Take some ordinary objects such as discarded cereal boxes, macaroni, toilet paper rolls, etc. and have students make one large interesting object out of them, or each do one small creation.
- Read "Stone Soup" by Marcia Brown and talk about how creativity saved the soldiers.



## Virtues Reflection Questions

- Name three people in history who have done creative things that have made a big difference in our lives today.
- What does your mother create? Your father? Your teacher?
- What are some new ideas you have come up with?
- What is a talent you would like to have? How will you find out? How can you develop it? Read a story about someone such as Thomas Alva Edison, Albert Einstein or Madame Curie and ask the group to say what about them was creative?
- Describe a problem you know about. What is a creative way to solve it?



## Drawing Creativity

Draw a picture of yourself doing something creative (dancing, singing, doing a science project, coming up with a new invention).



## Poster Points

- Express yourself.
- Be all that you can be.
- Discipline in service of a vision.
- One of a kind.
- A gifted child.
- Expose yourself to beauty.
- Play with ideas.



## Quotable Quotes

*"Without this playing with fantasy no creative work has ever yet come to birth. The debt we owe to the play of imagination is incalculable."*  
Carl Gustav Jung

*"... Whatever you can do, or dream you can... begin it. Boldness has genius, power, and magic in it."* Johann Wolfgang von Goethe

*"A man's life is dyed the color of his imagination."* Marcus Aurelius

*"There comes that mysterious meeting in life when someone acknowledges who we are and what we can be, igniting the circuits of our highest potential."* Rusty Berkus

*"Insanity is when we keep doing the same things expecting different results."*  
Albert Einstein

## BROO NANSI AND BROO ALLIGATOR

Broo Nansi always likes something for nothing. He went out fishing one day but caught nothing. He stayed so long that it was dark before he thought about getting home. Since he lived on the other side of the river and since he hated getting wet, he found himself in somewhat of a dilemma. He studied and studied and finally a brilliant idea came to mind. Standing on the bank of the river he began to chant:

"I believe that there is only one or two alligators in this river. Two alligators, certainly not more than two." He kept this up, saying it louder and louder.

Finally, Broo Alligator, whose home was nearby roared, "Who is that saying that there are only one or two alligators in the river? I will show him that there are dozens of alligators in this river."

Nansi grinned to himself. He came out and said to Broo Alligator, "Good night Broo! I hope you are not angry because I was talking to myself back there."

"Oh, it is you Broo Nansi. Angry? Who is angry? I am just going to show you how many alligators there are in the river."

"Well, Broo, as you know, I do not see too well at night. You will have to show me in the morning. However, I may not be here in the morning."

"And why won't you be here in the morning?"

"I have no place to sleep and I am tired, cold, and hungry."

"Well, you can spend the night with my wife, my children, and me. I will show you how many alligators there are in the river tomorrow." Broo Alligator's children were ten eggs. During the night Nansi felt hungry, so he woke up and ate nine of the eggs.

Next morning, he volunteered to bathe the children. Taking the remaining egg, he washed it ten times, each time saying: "Child number one, child number two, etc." Mrs. Alligator gave him breakfast and Broo Alligator took him to the river. Bellowing in a loud voice, Broo Alligator summoned all the alligators that lived in the river. They came and gathered and assembled, dozens upon dozens of alligators.

"There!" said Broo Alligator triumphantly, "see how many of us there are?"

"They indeed look to be many," replied Nansi craftily, "but I can't really count them because they are bunched up and milling around. Tell them to form a line from one bank of the river to the next. That way I can count each one separately without any fear of counting anyone twice."

Broo Alligator bellowed the orders. Soon a long, long, long line of alligators spanned the river forming a bridge.

"Good," said Nansi, "now I will count them by running along their backs." As he ran along, he counted, "One alligator, two alligators, three alligators, four," and so he kept on until he reached the other bank of the river. There he cupped his hands over his mouth and shouted back to Broo Alligator: "Oh, Broo Alligator, you are foolish indeed! Not only have I eaten your children but I have used your people as a bridge to cross the river. I never really wanted to count foolish alligators, I only wanted to get across the river."

When Broo Alligator heard this, he bellowed and screamed in anger, but Nansi raced off through the bushes where he remains in hiding for fear that Broo Alligator might find him.

# References



\* Vir-

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## **\* Local Proverbs:**

**Herbs & Proverbs of the Virgin Islands**

By Arona Petersen



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



# Bringing Virtues to Life

*An initiative of The Virtues Project,  
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