

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

# JUNE 2015 VIRTUES



## 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.

**How are the virtues taught?** The virtues are taught through the Five Strategies, the signature contribution of The Virtues Project. These strategies are important because they help us to live more reverent, purposeful lives, to raise children of compassion and idealism, and create a culture of character in our families, schools, and workplaces. The five strategies are:

1. Speak the Language of Virtues
2. Recognize Teachable Moments
3. Set Clear Boundaries
4. Honor the Spirit
5. Offer Companionship

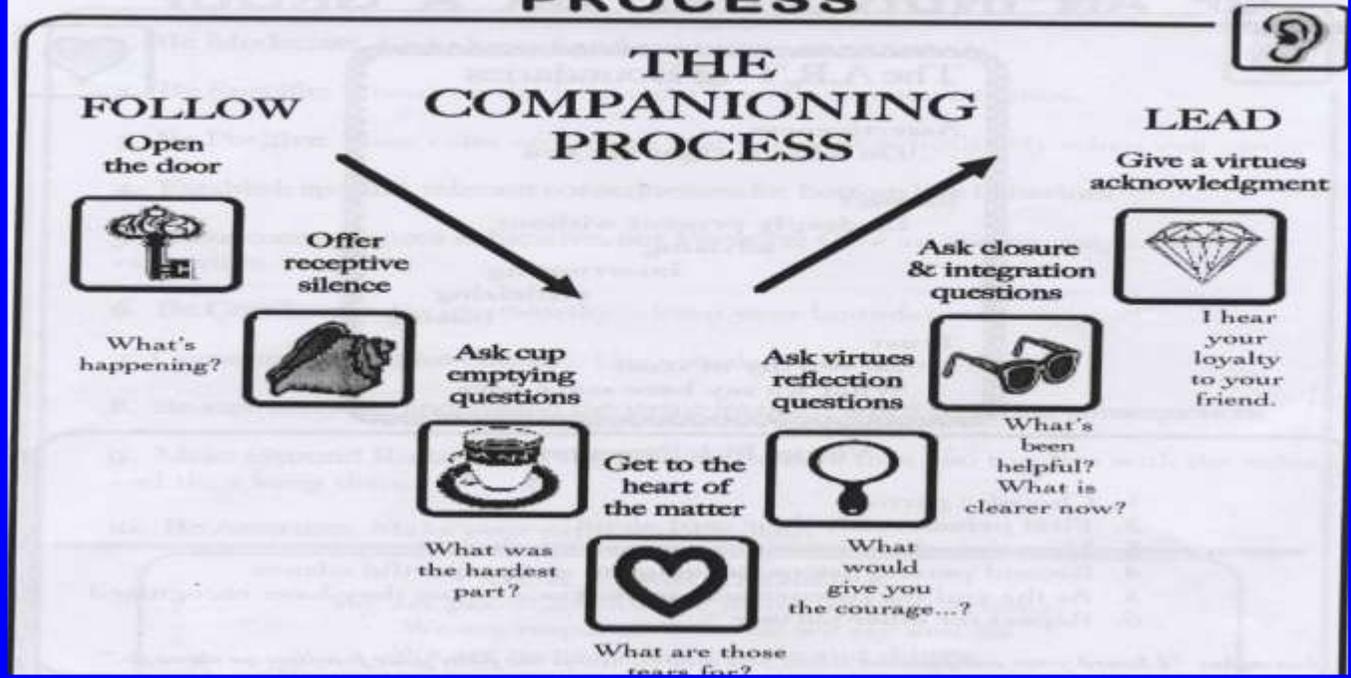
**What is Offer Companionship?** Offer Companionship supports healing and growth and is being deeply present and listening with compassionate curiosity that guides others to find clarity and to create their own solutions. How well you listen to others, to yourself about what really needs to be heard?

Offer Companionship involves using the virtues of compassion and detachment. While compassion is understanding and caring when someone is hurt or troubled, even if you don't know them, detachment is experiencing your feelings without allowing your feelings to control you.

It is wanting to help, even if all you can do is listen and say kind words. You forgive mistakes. You are a friend when someone needs a friend. Instead of just reacting, with detachment you are free to choose how you will act. You use thinking and feeling together, so you can make smart choices.

The concept of offer companionship is two-fold. For May, an introduction was given and this month an example (problem / concern) of the companionship process is being provided.

# THE COMPANIONING PROCESS



**Situation: Your friend is having a bad day and crying.**

***This is a communication skill that:***



- Requires deep listening
- Is most effective when we don't have an "agenda"
- Is meant to support and empower, not fix or rescue
- Primarily consists of silence and open-ended questions
- Requires trust in the other's process



***Open the Door ... with open-ended questions:***

***You will ask the following questions, however be sure to listen and ask the appropriate questions based on their responses. Be sure to NEVER use the word WHY!***

- What's happening?
- What is it?
- What are those tears?



***Offer Receptive Silence:***

Give them the space to speak fully, to tell the whole story. Be fully present with deep concentration and compassionate curiosity. Shield yourself with detachment, so you can walk intimately with them without taking on their feelings.



***Ask Cup-Emptying Questions:***

Follow their lead and ask questions that allow them to empty their cup and get to the heart of the matter. Use what and how questions, NOT why or which. How was that for you? Take your cues from their words: For example,

Speaker: I'm really frighten.

Listener: What frightens you?

Speaker: I'm just afraid of what will happen to me when she finds out?

Listener: Either remain silent or ask, What do you think will happen?



***Focus on Sensory Clues:***

Concentrate on and even repeat words they use that involve seeing, hearing, feeling, sensing.

Listener: (Speaker's eyes well up with tears) What are the tears for?

Speaker is yelling, My wife is going to kill me!

Listener: (Match their volume.) What is she going to kill you for?

Listener: Either remain silent or ask, What will she kill you for?

Speaker (with tears in eyes): Her new BMW got hit while I was driving it.

Listener: (Just listen as they speak).



***Ask Virtues Reflection Questions:***

When they seem to have gotten to the heart of the matter or the core issue, ask a question that helps to reflect on a virtue that will help them. About something that is frightening,

What will make you not afraid?

What would give you the courage to ... ? OR

What would give you peace about this? OR



***Ask Closure and Integration Questions:***

What was helpful about talking?

What's clearer to you now?

What did you appreciate about this meeting?



***Give a Virtues Acknowledgement:***

This is an essential step in restoring the speaker even if your companionship was brief and did not include all these steps.

I appreciate your openness to explore this.

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

# **JUNE 2015**

## **VIRTUES OF THE MONTH:**

### **Helpfulness**

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

(May 31- June 6, 2015)

### **Service**

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

(June 7 - June 13, 2015)

### **Generosity**

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

(June 14 - June 20, 2015)

### **Enthusiasm**

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

(June 21 - June 27, 2015)

### **Creativity**

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

(June 28 - July 4, 2015)

*Upcoming*

**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)

# 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

“Tukuma and the Prickly Bush”

Broo ‘Nansi A Selection of Anansi Stories

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

As you read, you will experience the rewards of Tukuma’s helpfulness!

# 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

## 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.

# 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

“Tig and the Soukouya or the Loupgarou”

Broo 'Nansi A Selection of Anansi Stories

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

Explore and discover how through the virtues of service,  
Compere Tig relieved the villagers!

# 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

## TIG AND THE SOUKOUYA OR THE LOUPGAROU\*

In the village where Compere Zayeh and Compere Tig\*\* lived, there lived also an old man who was said to be a loupgarou. On certain nights he would slip out of his skin, roll it up tightly into a ball, and hide it in a corner. Then he would go out and terrorize the villagers, sucking their blood and leaving huge sucker-like marks on their bodies. The villagers went to the priest and asked him to pray for them. The priest refused because he did not believe in loupgarous. But he woke up one morning with a huge sucker mark on his leg and a painful sensation around the area and became an instant believer. He tried praying, but his prayers had no effect on a creature that was composed of part African tradition and part European tradition. The people said that the African part was too strong. So they went to Compere Tig who was known to be versed in these matters.

Compere Tig told them "You should have come to me in the first place, and I would have told you what to do."

"Tell us now, Compere. This loupgarou is driving us crazy."

"Well, the thing to do with a loupgarou is to find out where he hides his skin when he goes flying at night. When we find that we will fix him."

The very next night the conditions were right for flying. The old man took off his skin as was his custom, rolled it tightly, and hid it in the corner. He went on his rounds. A little later, Tig and one or two of the more courageous villagers went to the



*Signore. E.*

---

\*Werewolf

\*\*The Grenadian name for Broo Tukuma

old man's house. The people had an idea that he was the loupgarou, and when he hadn't gone with them to consult either the priest or Compere Tig they were sure. So they went to his house and searched thoroughly. Sure enough, they found the rolled-up skin. Tig took it, opened it carefully, and producing a bottle of pounded salt, proceeded to salt it down properly. Then he rolled it up and put it back in place. They had finished just in time. No sooner than the skin was back in place than they heard the old man approaching. They hid themselves as he came inside. He picked up his skin and put it on. Well, sir, you never heard such a ritteraring and a commess as went on when that salt started to burn him. He threw down the skin and went running through the village screeching and screaming at the top of his voice. The dogs all chased him and they could be heard howling all through the night. The old man never came back to the village, and they buried his skin under a silk-cotton tree. But if you ever hear the dogs howling at night, be careful, it might be the loupgarou looking for his skin!

### An Anansi Story from Grenada

# 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 Ghandi*

## **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**

“Fowl-Cock and the Drummer Cockroach”

Broo ‘Nansi A Selection of Anansi Stories

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

Explore the how Fowl-Cock benefited because of his generosity!

# 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

## FOWL-COCK AND THE DRUMMER COCKROACH

One time there was a man who built a new house. When the house was completed, he furnished it with the best furniture money could buy. But to his great surprise, when he decided to go and live in his house he heard something or someone beating a big drum in his house. He couldn't find out what it was, so he made a bargain with Lizard who said to him, "Yes, I will chase away whatever is beating that drum inside the house, but you must give me a big bag of flies." The man agreed, but Lizard didn't keep his bargain. Instead he ate the flies without removing whatever it was that drummed in the house.

The man then went to Fowl-Cock. He said, "Fowl-Cock, I have just built a house and furnished it, but I cannot live in it because there is something in there beating a gombe drum. I need someone to chase away whatever it is in there. Can you do it?"

"You have come to the right person, Mister," Fowl-Cock answered. "I can do it, but you will have to give me a sack of meal." Since the man was desperate, he agreed.

Fowl-Cock approached the house and heard the drumming, "bidi-boom, bidi-boom, bidi, boom, boom, boom." He entered and followed the sound and found a large drummer cockroach in the corner. Fowl-Cock stretched his neck and picked it up and took it outside. The drumming stopped. The man gave Fowl-Cock his cornmeal, and, in addition, Fowl-Cock swallowed the cockroach. Ever since that day, fowls eat cockroaches and sometimes even lizards, since this was Lizard's punishment for not keeping his bargain.

# 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

“Cherigo Gives A Party”

The Bull and the Golden Calabash and other Anansi Stories  
By Lezmore Emanuel

Cherigo, a handsome red crab, was quite enthusiastic about giving a party for all his friends who lived in the sea. Read on to find out what happened when his land friends found out!

# 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

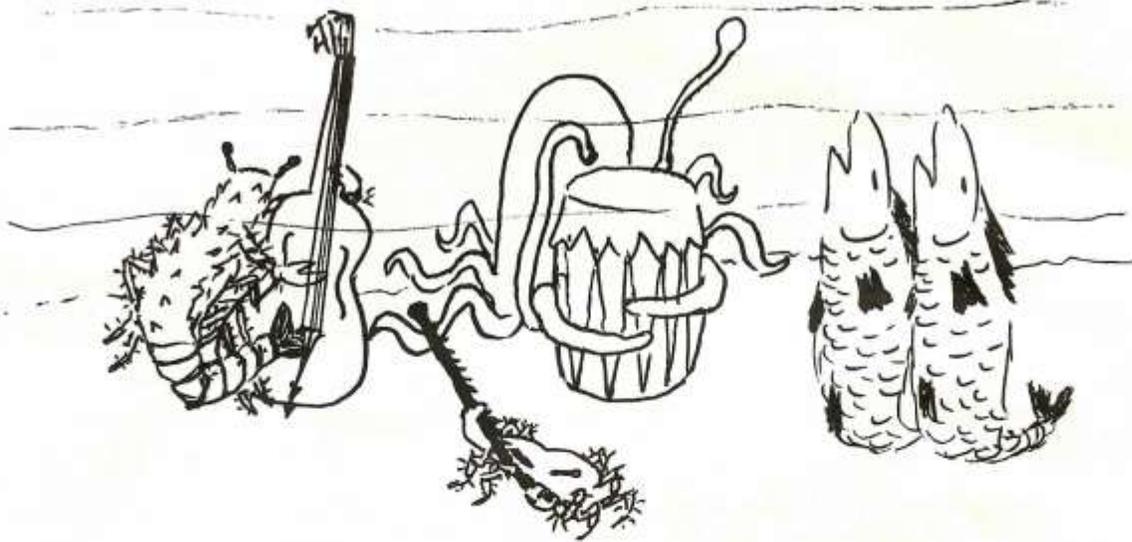
*"Life is fun."* Benjamin Hoff

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

*"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

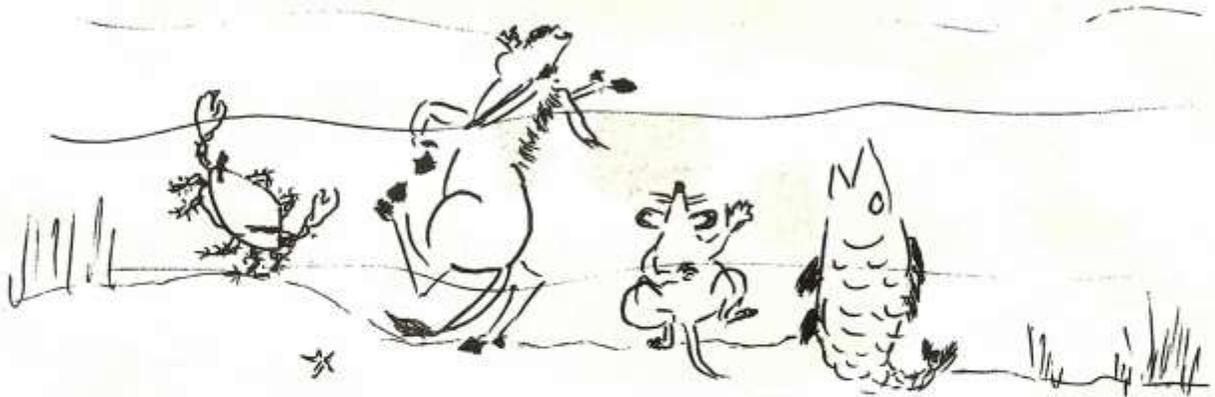
*"All that we need to make us really happy is something to be enthusiastic about."*  
Charles Kingsley



## CHERIGO GIVES A PARTY

Cherigo was a handsome red crab who lived in the sea. He was fond of having a good time and was always throwing a party or picnic for his friends. One lovely moonlit night, he decided to give his friends in the sea the biggest and best party of all. He decorated his cave with luminous sea weed and pretty pink shells. His friend Oyster gave him luminescent pearls which he stuck in the walls. When the decorating was done, he sent out invitations to Lobster, Carite, Sea Anemone and all of the other creatures who lived in the sea. He asked Soldier Crab and Brigo Conch to provide the calypso music.

Soon, the time for the party came, and the guests began to arrive. Lobster, Hardnose and Karang; all the whelks and oysters, sea urchins and other sea folk. Cherigo's cave was dazzling with the flashing colors of fish and shell fish. The music was jumping and everyone was having a good time. The only real problem was that most of the guests couldn't dance since they had no feet.



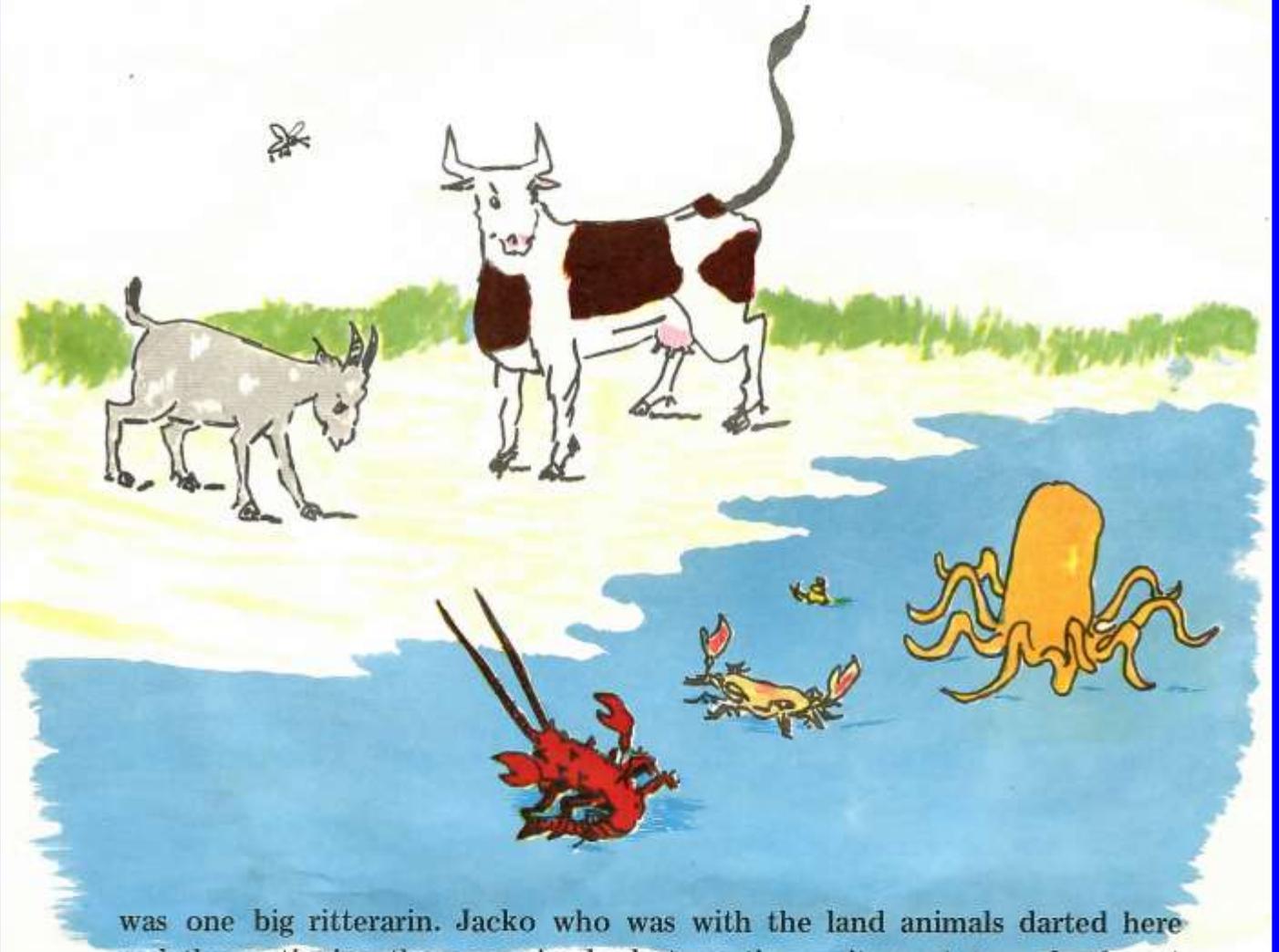
The catchy strains of the music drifted towards land and the land animals heard it and were annoyed that they had not been invited to the party. They decided that they would not miss such a fete and decided to crash the party. Broo Cow, Broo Goat, Broo Jacko and the rest put on their finest dress and went to Cherigo's cave which was situated in the shallow water. They knocked on the door and Cherigo, thinking it might be some of his friends arriving late, opened the door. To his amazement, there stood all the land animals. They charged into the cave and very soon had taken over the

whole party. They made Soldier Crab and Brigo Conch play louder and harder and were all dancing around the room singing:

*Who can dance, pick a partner!*

*Who can't dance, stay in the corner!*

Well, Cherigo and his friends were very angry and they began to pinch and bite the intruders with their claws and teeth. They were no match, however, for the land animals with their hooves and horns and soon there



was one big ritterarin. Jacko who was with the land animals darted here and there stinging the sea animals, but, as the excitement grew, he forgot on whose side he was and ended up stinging everybody — land and sea animals alike.

When the whole thing was over, Cherigo was a sadder but wiser host. And from that day to this, sea animals and land animals have nothing to do with each other.

# 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**

“Tukuma and the Mosquito”

Broo ‘Nansi A Selection of Anansi Stories

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

What creativity did Tukuma use, as he cut the mosquito infected field without scratching!

# 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

## TUKUMA AND THE MOSQUITOES

One time there was a king who had a piece of land to be cleared. Plenty of people came to try to clear the land, but there was one condition they could not meet. The land was infested with mosquitoes. They would bite the cutters, and the king had told them that they could not scratch when bitten or they would forfeit the payment.

When Tukuma heard this, he decided to try his luck. He went and told the king, "Sir, I will clear this land for you."

The king asked, "How will you clear it? It is full of mosquitoes and if they bite you, you are not permitted to scratch."

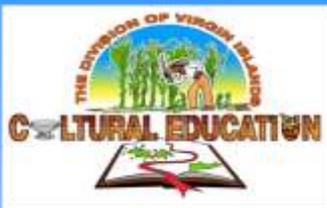
Tukuma replied, "Nevertheless, I will do it."

The king agreed and promised to pay Tukuma twelve patacong. Takuma said to himself that he could buy a cow with twelve patacong and still have ten left over.

The king told him that he would send a bumba to watch and see that he did not scratch. While Tukuma was cutting and clearing the ground, the mosquitoes came at him in swarms and bit him. Instead of scratching, he would stamp his foot, or fling his arm or shake his head.

When he had finished, the king sent for him and consulted the bumba who confirmed that Tukuma had not scratched once and had done a good job of clearing the land. The king was so pleased that he gave him the twelve patacong, a cow, and plenty of cassava. Tukuma called Nansi to help him butcher the cow. Nansi brought three men to help and each man demanded a quarter of the cow. Then Nansi took half of the remaining quarter and half of the cow's head. Then Nansi helped Tukuma to eat the rest of the meat until it was all finished. Tukuma now only had the broth, and Nansi took half of that, too.

The next time Nansi came to visit Tukuma, he saw that Tukuma had some cassava and wanted to take away some of that, too. In order to save something from his labor, Tukuma dragged some of the cassava under the house. Nansi left him almost desolate — all because Tukuma needed a little help.



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

# Bringing Virtues to Life

*An initiative of The Virtues Project,  
Governor's Children and Families Council  
coordinated by the Community Foundation  
of the Virgin Islands,  
and  
Virgin Islands Department of Education  
Division of Virgin Islands Cultural Education*

**DIVISION OF VIRGIN ISLANDS CULTURAL EDUCATION**

**ST. THOMAS / ST. JOHN**  
Mailing Address: 1834 Kongens Gade, STT, VI 00802  
Physical Address: J. Antonio Jarvis Annex, STT, VI 00802  
Telephone Number: 340-774-0100 x: 2804, 2806, 2808, 2809  
Fax Number: 340-777-4342  
Email Addresses: [alpbenjamin@doe.vi](mailto:alpbenjamin@doe.vi); [mmartin@doe.vi](mailto:mmartin@doe.vi); [lrezarie@doe.vi](mailto:lrezarie@doe.vi);  
[rbbenjamin@doe.vi](mailto:rbbenjamin@doe.vi); [mlamakalo@doe.vi](mailto:mlamakalo@doe.vi)