



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

# MARCH 2015

## VIRTUES

### (French Insertion)



## 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 discourage-ing 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 Set Clear Boundaries? Setting clear boundaries is based on restorative justice (an approach to justice that focuses on the needs of the victims and the offenders, as well as the involved community, instead of satisfying abstract legal principles or punishing the offender). There is a pending conflict in the classroom, workplace, and/or at home, all involved must be willing to partake in the restoration process (The Process of Restorative Justice). The victim(s) and the offender(s) are given an opportunity to say what happened (Four steps to Restorative Justice). The process of Use Peace Talks in Your Home and Workplace to Resolving Conflict (Peace Talk Steps) follows. The final steps, (Ten Guidelines for Effective Ground Rules), is put in place to avoid reoccurrence. This process will govern how each will proceed in a positive restorative relationship in the future.

### The Process of Restorative Justice

All involved must be willing to partake in the restoration process

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

The victim(s) and the offender(s) are given an opportunity to say what happened without interruption.

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 use the missing virtue.
4. Ask how they can make 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

The final steps, (Ten Guidelines for Effective Ground Rules), is put in place to avoid reoccurrence. This process will govern how each will proceed in a positive restorative relationship in the future.

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 understands 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 alpbenjamin@doe.vi or 340-774-0100 x: 2804 at the Virgin Islands Department of Education Division of Virgin Islands Cultural Education.

# MARCH 2015

## VIRTUES OF THE MONTH:

- Courtesy

*I am thankful for the gift of Courtesy. It helps me to brighten people's lives.*

*(March 1 - March 7, 2015)*

- Friendliness

*I am thankful for the gift of Friendliness. It makes me a true companion.*

*(March 8 - March 14, 2015)*

- Consideration

*I am thankful for the gift of Consideration. It helps me to be thoughtful of others.*

*(March 15 - March 21, 2015)*

- Tact

*I am thankful for the gift of Tact. It helps me to be considerate.*

*(March 22 - March 28, 2015)*

- Honesty

*I am thankful for the gift of Honesty. It allows me to fully be myself.*

*(March 29 - April 4, 2015)*

*Upcoming*  
APRIL 2015

VIRTUES OF THE MONTH:

. Trust

*I am thankful for the gift of Trust. It renews my strength.*

(April 5 - April 11, 2015)

. Trustworthiness

*I am thankful for the gift of Trustworthiness. It is the foundation of my success.*

(April 12 - April 18, 2015)

. Truthfulness

*I am thankful for the gift of Truthfulness. It is my holy ground.*

(April 19 - April 25, 2015)

. Integrity

*I am thankful for the gift of Integrity. It supports me to walk my talk.*

(April 26 - May 2, 2015)

# LA COURTOISIE (COURTESY)

**LA COURTOISIE**  
(Courtesy)

"La vie n'est pas si courte, et il y a toujours assez de temps pour la courtoisie."  
Ralph Waldo Emerson



La courtoisie est le fait d'être poli et d'avoir de bonnes manières. Lorsque vous parlez et que vous vous comportez avec courtoisie, vous donnez aux autres le sentiment qu'ils sont valorisés et respectés. Vous accueillez les gens agréablement. Vous introduisez l'amabilité dans votre foyer. Votre famille en a le plus besoin. La courtoisie rend la vie plus douce et harmonieuse.

 Virtues Project International

**Signes de succès**

Vous pratiquez la COURTOISIE lorsque.....

- Vous avez de bonnes manières
- Vous traitez poliment les aînés, les parents, les enseignants et les enfants
- Vous réfléchissez à l'effet que vos actions peuvent avoir sur les autres
- Vous mangez, parlez et bougez de manière gracieuse
- Vous demandez au lieu de donner des ordres
- Vous saluez les gens avec un sourire.



Je suis courtois. Je parle et j'agis de manière agréable. Je démontre aux autres que je les valorise et les respecte.

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## CULTURAL PROVERBS

Sof' tong, sof' bed, sof' grave, sof' judgment.  
Howdee an' t'ankee noh bruk noh bones  
Howdee nebba kill nobody

### Meanings:

It pays to have good manners

## ISLAND STORY

"Crab and Rice"

The Lamppost Man and Other Island Stories by Mrs. Nunes

Crab and Rice is an island story where the virtues of courtesy is exemplified by the family in Long Path. Do enjoy the reading!

# Activities with *Courtesy*



## Phone Courtesy

1) Have a phone-answering role play. Show discourteous ways to answer the phone first, then courteous ways (a) at home (b) at a friend's house (c) at an office.

Have students practice with a partner until they come up with expressions with which they feel comfortable, then do it for the class. (e.g., "Jones residence, Chris speaking.")

2) If you answer the phone and someone wants to speak to the adult in the house, and she has said she does not want to talk to anyone, what is a courteous and honest way to tell that to the caller. (Avoid lying and saying "She's not home". Could be an expression such as "She's not available right now." or "She can't come to the phone at the moment. May I take a message?")



## Virtues Reflection Questions

- How do you and your friends show courtesy when you greet each other?
- How does it feel to you when someone is not courteous? When someone is courteous?
- How does it feel to you when you are not courteous? When you are courteous?
- How do people tend to react if you disrespect them by forgetting courtesy?
- What can you do if you have "slipped" and forgotten to be courteous?
- Who in your family needs more courtesy from you?
- What is the difference between making a demand and making a request? (You may want to role play the "before" and "after", first without courtesy, then with courtesy.)



## Drawing Courtesy

Draw a picture of two animals greeting each other without courtesy, then greeting each other with courtesy.



## Poster Points

- Remember your manners.
- Courtesy smooths the way.
- Smile! It's easy.
- Take courtesy home.
- Just say, "please".



## Quotable Quotes

*"Life is not so short but that there is always time enough for courtesy."* Ralph Waldo Emerson

*"If a man be gracious and courteous to strangers, it shows he is a citizen of the world."* Francis Bacon

*"Use a sweet tongue, courtesy, and gentleness and thou mayest manage to guide an elephant by a hair."* Sa'di

*"Politeness is to do and say the kindest things in the kindest way."* Anonymous

*"Most smiles are started by another smile."* Anonymous

*"Of all the things you wear, your expression is the most important."* Janet Lane

CRAB AND RICE (by Mrs. Nunes)

"Crab and rice, crab and rise is very nice," said Alice.

"Mamma, mamma let's cook some for lunch on Wednesday. I'm sure that that'll be a very pleasant surprise for Dad," said little Sue.

"Yes," said Mother.

Saturday morning came and Alice got up early especially to go to the market to get the crabs.

As the family lived at Long Path, while Alice was going down the street, old Emily was shouting "crabs, come and get your lovely crabs!"

Alice ran at full speed to the peddler and got a lovely strap (string) of three bright yellow crabs for ten cents.

In a few moments Alice entered the house saying, "Mother, see how lucky I am, I didn't have to go to the market; I got these from Emily just up the hill."

"Put them there in a barrel and pour some cold water over them and mix some cornmeal with water and give them. That's their breakfast", said Mother.

Every day Alice went to look at the crabs and also to bathe them and feed them. Her mother had said that land crabs must be purged and made clean before they would be fit to eat.

At last Wednesday came. Alice got up and did the early morning chores, then off she ran to kill the crabs. What fun and excitement that proved to be.

The crabs opened their large gundies (claws) and tried to hold Alice's hand. One big one almost snapped off a finger.

All of a sudden Alice aimed a stick and then held the crab's back.

"You good-for-nothing", she said, "come here".

She held up Mr. Crab and broke off the big gundie. She then pulled off all the gundies and legs. The three were killed in this way.

Alice then called Mother, and holding up the biggest gundie, said, "I want this gundie when it is cooked, for I'm really tired from killing these monsters".

Alice cleaned the crabs thoroughly. The backs and toes were thrown away.

Alice went to Mr. Carney's shop to buy rice, fat pork, and ham; and to the market for red peppers, sweet peppers, onions and other herbs for seasoning.

"Mother, I have all the ingredients," said anxious, industrious Alice. "Kindly show me how to cook my dish now".

"Cook plenty", groaned Lazy Harry, "for I want a big plateful, so get the iron pot and put it on the fire."

Some lard and butter and sweet oil were put in and allowed to become heated. When this was simmering Mother put in all the ingredients that she had cut up. When these were half cooked, she then stirred everything, poured in water and allowed the stew to cook.

While the food was on the fire, Alice and Harry were arguing who should get most on account of the assistance given.

At last, after twenty minutes, Mother came out, lifted the pot and removed some of the fire so that the rice would cook slowly. Ten minutes more and Mother returned and took off the big iron pot of steaming succulent crab and rice.

The eager children ran for their plates, and into each Mother placed two heaping dippers.

They sat at the table and ate the rice, but when it came to the crabs each one got out in the yard and sat on a big flat stone with a smaller one in hand to do the cracking. What fun they did have!

Harry said "Alice, I'll crack your crab claw for you, if you'll give me one".

"What! after I almost lost my finger killing those ferocious crabs!" exclaimed Alice.

They cracked and ate and joked until they were quite through. "We've enjoyed our lunch, Mother", said the children and off they ran to play in the big adjoining empty lot.

THE  
END

# L'AMITIE (FRIENDLINESS)

## L'AMITIE (Friendliness)

"Le meilleur moyen d'avoir des amis, c'est d'en être un pour autrui." Peggy Jenkins



L'amitié, c'est le sentiment d'affection que l'on éprouve envers l'autre dans les bons moments comme dans les mauvais. Vous faites preuve d'intérêt pour les autres et vous êtes capable de les accueillir. Vous partagez vos affaires et votre temps. Vous êtes disponible. L'amitié est le meilleur remède à la solitude.



Virtues Project International

## Signes de succès

Vous pratiquez l'AMITIE lorsque.....

- Vous vous appréciez et vous savez ce que vous avez à offrir
- Vous souriez et saluez les gens avec courtoisie
- Vous prenez l'initiative de faire la connaissance d'autres personnes
- Vous faites preuve de sollicitude lorsqu'un ami a besoin de vous
- Vous êtes accueillant avec les personnes différentes de vous
- Vous êtes accueillant avec un nouveau venu.



Je suis amical. Je démontre mon intérêt pour les autres en étant chaleureux et courtois. Je suis un ami loyal. Mon amitié est un cadeau estimable.

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## CULTURAL PROVERBS

Every skin teeth ain' a grin.  
Good frien' betta dan money ah pocket

### Meanings:

Every smile isn't genuine.  
A friend is worth more than money; Money can't buy a true friend.

## ISLAND STORIES

"Fish and Fungi"

The Lamppost Man and Other Island Stories by Mrs. Nunes

Read on as you explore the warm friendliness that Mother and her children extended to Mrs. Jones.

# Activities with Friendliness



## A Friendly Week

Make a commitment together as a class to be friendly to at least one new person a day for a week and share about it on the last day of the week. Questions to ask are:

- What was hard about it?
- What was easy about it?
- How did it feel to be friendlier?
- Did you meet anyone you would not have met before?
- How has your friendliness helped make our school/club/camp a better place?



## Virtues Reflection Questions

- What are some of the challenges or obstacles to being friendly?
- What are the characteristics of a best friend?
- What would a good friend do if someone was sad?
- How can you be friendly with someone without making it into a "best friends" situation?
- What happens when cliques form and they are unfriendly to everyone else?
- Name three things you can do to have more friends.



## Drawing Friendliness

Draw a picture of people being friendly.



## Poster Points

- A friend through good times and bad.
- Always a friend.
- Friendliness is contagious.
- There are a lot of interesting people out there.



## Quotable Quotes

*"Don't walk in front of me  
I may not follow  
Don't walk behind me  
I may not lead  
Walk beside me  
And just be my friend."*

Albert Camus

*"The friendship that can cease has never been real."* St. Jerome

*"The best way to have a friend is to be one."*  
Peggy Jenkins

*"A friend loves you enough to support you and to confront you."* Anonymous

*"The world is like a mirror  
Reflecting what you do,  
And if your face is smiling  
It smiles right back at you."*

Unknown

*"To be a friend, remember that we are human magnets; that like attracts like and that as we give we get."*

Wilfred Peterson

"Well, Joe, tomorrow is Saturday, our fish day, and I've invited Mrs. Jones to take lunch with us. I think that she'll be quite pleased with our well-balanced lunch of fish and fungi."

"Joe, won't you get up early in the morning and get the fish for us?"

"Oh, yes, Mother, I'm just glad to help you, but what kind of fish would you like?" asked Joe.

"I think Hind is very nice for boiling," said Mother.

"Carang is better," said Joe.

Finally, they agreed that Carang would be better, so Joe was given thirty cents with which to buy three pounds of Carang.

Saturday morning came and by nine o'clock three lovely Carangs lay on the kitchen table.

"Helen," said Mother, "please clean these fish for me."

"I will, Mother," said Helen, and off she ran for lime, water and a big dish pan in which to clean the fish.

She gutted them, scaled them, and washed off all the blood. In less than ten minutes Helen returned smiling, "Mother I've cleaned and seasoned the fish, and here they are."

Mother came out. She said, "You have done a nice job and as I am busy fixing up your clothes for school next week I am going to ask Mary to boil them."

"Ah, by the way I forgot that I have to sent Joe to get some things from the shop and market for me."

"Joe," said Mother, "Come here, run to the shop and buy me one pound of cornmeal, five cents sweet oil, three cents lard and a quart pound of butter, two cents onion. On your way home buy two cents tomatoes from Sue round the corner."

Joe ran swiftly down the street and soon returned with the provisions.

Sally who was sitting lazily on the bench in the kitchen, and who liked plenty to eat said, "Mother, may I do the cooking?"

"Yes," Mother said; so Helen got up and got an iron pot and put in the fish that had been cut into six pieces in the pot, then she cut the onions and put that on the fish; next she poured in the sweet oil, butter and about a cupful of water and some salt with pieces of parsley, thyme and pepper; this she covered and allowed to simmer until her fish was boiled.

This being done she took her pot down and Mother came out to cook the fungi.

"Ah get the turnstick to stir this fungi; I like it soft and fluffy with plenty of fat," said Mother.

So Mother put on another iron pot with water, salt and lard and allowed it to boil, then she stirred in her cornmeal.

Just as Mother was tossing up her fungi in a greased bowl, in stepped Miss Lola.

"What a lovely ball of fungi," said Miss Lola. "Fish is so scarce that I am surely going to enjoy my fish and fungi."

During this time two of the girls had laid the table, so Mother started to share.

"Come children, come to eat," said Mother.

On each plate was placed a portion of fungi and a piece of fish with some of the same water into which the fish had been boiled as sauce. This sauce had the flavor of fish and onions together with butter fats and fresh lime juice.

The family sat and ate their Carang and fungi and chatted about the cost of living, and about the war.

"Well, Elizabeth I've enjoyed my lunch," at last said Miss Lola.

"You are welcome," said Mrs. Jones, "but do you see how helpful my children are becoming? Sally and Helen cleaned and cooked the fish and Joe did the marketing.

"Of course, as they can't stir the fungi without lumps as yet, I did that, but I'm sure that they'll soon be able to do that successfully."

"Yes," said Miss Lola, "I'm sorry that I haven't any because really they can be quite helpful, children are blessings."

"Goodbye Helen and Sally and Joe," said Miss Lola. "Mother is bragging about you. Continue to help her."

"Come again," said the children. "Next Saturday we are going to prepare the lunch again."

Mrs. Jones promised them another visit.

THE  
END

# LA CONSIDERATION (CONSIDERATION)

**LA CONSIDERATION**  
(Consideration)

"Une vie à ne satisfaire que soi-même ne pourra jamais satisfaire personne."  
Vic Kitchen



La considération, c'est le fait d'avoir des égards envers les autres et leurs sentiments. Vous êtes précautant et n'oubliez pas que vos actions peuvent affecter les autres. Vous prêtez attention à ce qu'ils aiment et ce qu'ils n'aiment pas et vous faites ce qui les rend heureux.

 Virtues Project International

**Signes de succès**

Vous pratiquez la CONSIDERATION lorsque.....

- Vous respectez les besoins des autres et leurs sentiments
- Vous considérez leurs besoins comme aussi importants que les vôtres
- Vous pensez à l'effet que vos actes peuvent avoir sur les autres
- Vous vous mettez à la place des autres
- Vous leur donnez une tendre attention
- Vous pensez aux petits riens qui peuvent leur apporter de la joie.



Je fais preuve de considération envers les autres. Je me donne le temps de réfléchir aux effets que mes actions vont produire sur eux. Je suis attentionné à l'égard des autres.

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## CULTURAL PROVERBS

Yo can promise back but yo can't promise belly.  
Mash ants sof' so yoh could fine 'e guts

### Meanings:

Don't promise the best if you can't produce it.  
Be considerate, don't overdo things.

## ISLAND STORIES

"Callaloo"

The Lamppost Man and Other Island Stories by Mrs. Cancryn

Neighbor Smith, whose husband was away, and her little daughter Betty was the giver and recipient of the warm consideration of their neighbors. Happy reading!

# Activities with Consideration



## Activities with Consideration

- Make a Mind Map of the people you care about most and thoughtful things you can do to bring them happiness.
- Spend a day being considerate of everyone who crosses your path. The next day share what that felt like and what effect it seemed to have with your friends, at home, on the street, in school.
- Think of someone who needs help or kindness and do something thoughtful.
- Choose a counselor, teacher, or administrator and without telling them anything, do considerate things for that person for a week. At the end of the week, ask them what they noticed.
- Secret Pal: Each student draws a name out of a box and does something considerate for that person during the week. At the end of the week, everyone finds out who their secret pal was.



## Virtues Reflection Questions

- What is one of the most considerate things anyone ever did for you?
- What was the best surprise you ever received?
- What is one of the most considerate things you have ever done for someone else?
- How can you tell what is the best gift to give someone?
- Name three considerate things you can do that will make a big difference to your family.
- Commit to doing them! After a week, report on the differences you noticed.



## Drawing Consideration

Draw a picture of yourself doing something considerate for someone at home.



## Poster Points

- Consider this.
- Do unto others.
- Give a little.
- A little consideration goes a long way.
- Consideration brings happiness.
- Give surprises.



## Quotable Quotes

*"Let them at all times concern themselves with doing a kindly thing for one of their fellows, offering to someone love, consideration, thoughtful help."* 'Abdu'l-Baha

*"Try a little tenderness."* Song Title

*"The best portion of a good man's life, his little, nameless, unremembered acts of kindness and of love."* William Wordsworth, "Lines Composed Above Tintern Abbey"

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

*"Life lived just to satisfy yourself never satisfies anybody."* Vic Kitchen

" C A L L A L O O "

(by Mrs. Cancryn)

On Old Year's Day, the last day of the year, the Jones family made preparations for their traditional West Indian Callaloo feast. Callaloo is a delicious vegetable soup.

This family lived at Estate "Altona" where they made a truck garden in which grew bower (spinach), okras, tomatoes, lettuce, cabbage and peppers.

James and Tonie, their two sons, had had great fun just after Christmas catching crabs. The night was dark, so they cut large lengths of pitch-pine and tied several pieces together; at the one end they wrapped a piece of cloth soaked in kerosene oil, lighted it and started on their journey.

When they were some distance in the bushes they saw quite a number of crabs running madly around, or standing still, all confused by the bright light from the torches.

James and Tonie ran in various directions trying to catch as many as possible. At one time Tonie fell on a crab he was too eager to hold, while James stepped on the back of another crushing it.

When their bag was half filled they returned home planning as they went along how they would assist their mother and sisters on cooking day.

First the crabs had to be kept in a barrel to get clean by purging as crabs eat a few poisons.

On Old Year's Day, Jane, the eldest daughter, full of life and energy thought she would surprise her mother by gathering a large amount of man bower. Helen the youngest daughter asked to pick okras, but did not find sufficient, so she scampered to town to buy ten cents worth. Mrs. Jones lighted the fire and gathered pots, bowls, knives and spoons.

The boys prepared the crabs by breaking their backs, taking off large claws, snapping off toes and throwing edible parts of the crabs into a large dish of clean water where they were thoroughly washed and rinsed.

Mr. Jones had just returned from a nearby estate.

"Hello Papa", said Tonie. "What fun we are having!"

"Delighted to hear that, son. Guess what I have brought?"

"Candy?" asked Baby Lu.

"No, no", answered their father.

"Some tannia leaves to put in the Callaloo" replied Jane who had just returned with a basket of bower and papalolo which she found among the bower. She was right.

"Now for action, real action", said Helen who arrived directly after Jane.

"Hello, Comadoo", said neighbor Smith. She wore her blue checkered apron and navy-blue, gold, brown and green madras handkerchief. "As you already know, my husband went sailing and only little Betty and myself are at home, so I thought I might come over and help you this year."

"We are all happy to have you, Nen Smith", said Helen. "We intended coming over to ask you to eat with us, but I do think it is nicer having you to work and eat with us."

Said Mother Jones to her husband, "there is nothing more for us to say; Helen has spoken well for us all."

Helen and Jane got a large yellow bowl and began cutting the okras into small pieces.

"Fish! fish!" bellowed a man who carried a large basket of fish on his arm. He wore indigo-blue three quarter length pants, held up by a pair of black suspenders, a plaid shirt and a high-crowned Chacha hat.

Mrs. Jones, bought a strap of fish for fifteen cents. There were four Redmen and four Guttues, and she gave them to Comadoo Smith to clean, season and fry.

Mrs. Jones, her husband and sons, Baby Lu and Betty got busy taking off the leaves from the different kinds of bush.

They washed them and put them to boil.

"Mother, Mother, we are through cutting the okras," called Jane and Helen.

"That's fine, girls", replied their Mother. Ask James to help you put on the large Canary pot half filled with water, and put in the okras. Tonie, put all the things we are going to use on the table."

In a minute all the children were in the kitchen full of excitement. The bower and tannia bush were now boiled and Mrs. Jones and Comadoo Smith were chopping it fine.

Helen took the bones out of the fried fish. Tonie cut the fat and lean pork and pigtail into small pieces and washed them in the crabs. Baby Lu reminded her Mother of the ham bone and skin remaining from the Christmas ham. Mrs. Jones took it out and handed it to Tonie who cut off the remaining meat and chopped the large bone into pieces.

Everything was then thrown into the pot containing the okras together with the chopped bush and fish after the bones had been thrown away and allowed to boil until it became thick. Salt and butter were added to taste.

Another pot with slightly salted water was placed on the fire to boil. When boiling point was reached, cornmeal was thrown in and stirred to fungee with a large turning stick; and butter and pure lard were added before taking the pot from the fire.

Big bowls of steaming green Callaloo fragrant with scents of fish, ham, thyme, pepper, and herbs were placed before everyone. Here and there in each container a bit of crab leg or a sliver of hambone with a morsel of meat, or perhaps a fish head made the dish a prize. The golden yellow ball of fungee half immersed in the glutinous yet slippery Callaloo balanced the meal and made it perfect.

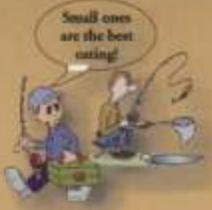
The family ate slowly with sighs and grunts of pleasure uttered softly yet sounding their satisfaction.

THE  
END

# LE TACT (TACT)

**LE TACT**  
(Tact)

"Il a plus souvent regretté d'avoir parlé plutôt que d'avoir tenu sa langue." Plutarque



Avoir du tact, c'est dire la vérité avec des égards pour autrui. Vous êtes conscient que vos paroles peuvent affecter les sentiments de ceux qui vous écoutent. Vous pesez vos mots avant de parler sachant qu'il est parfois préférable de ne pas tout dire. Lorsque vous faites preuve de tact, les autres ont plus de facilité à recevoir ce que vous avez à dire. Le tact permet de construire des ponts vers les autres.

 Virtues Project International

**Signes de succès**

Vous pratiquez le TACT lorsque.....

- Vous faites attention aux sentiments des autres
- Vous vous abstenez de vous moquer des autres ou de les embarrasser
- Vous dites la vérité avec amabilité et respect
- Vous décidez quand c'est mieux de dire la vérité ou de garder le silence
- Vous gardez vos pensées critiques et déplaisantes pour vous-même
- Vous traitez ceux qui sont différents de vous comme vos semblables.



Je fais preuve de tact. Je réfléchis avant de parler. Je suis diplomate même si j'éprouve des sentiments excessifs. Je dis la vérité avec gentillesse et douceur.

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## CULTURAL PROVERBS

Man yo can' beet 'tis bes' yo call ye frien.  
Me ah walk behin'

### Meanings:

Be kind and compassionate one to another.  
Be discreet and tactful in whatever you do.

## FOLKTALE

"Ghana - The Story of the Tongue"  
By Dr. Michael Lockett / The Normal Storyteller

This story speaks to the power of the tongue and the tactfulness that we all need.  
Enjoy reading!

# Activities with Tact



## Tact List

Make a list of times you especially need tact.

## Act with Tact

Read a story or show a video and have students give "Act with Tact" feedback (see page 12), a Positivity Sandwich in which they:

- 1) Acknowledge some virtue or positive quality in the main character
- 2) Correct by describing what the character could do to improve
- 3) Thank the character by saying something they appreciated about him or her.



## Virtues Reflection Questions

- When did you feel embarrassed by something someone said tactlessly?
- How do people feel when they have a handicap or physical difference and people tease them?
- How do you think they would like to be treated?
- What will you do the next time you come across someone who looks different?
- Come up with a tactful way to respond when others start gossiping and you don't want to?
- How would you tell something difficult to your best friend?
- When do you need people to be tactful with you?
- Name three ways you can be more tactful with people in your family.



## Drawing Tact

Draw someone with a handicap being treated normally and in a friendly manner.



## Poster Points

- Telling the truth kindly.
- Don't react – Act with Tact!
- A gentle tongue.
- Think before you speak.



## Quotable Quotes

*"If 50 million people say a foolish thing, it is still a foolish thing."* Anatole France

*"Don't talk unless you can improve the silence."*  
Laurence Coughlin

*"Loose lips sink ships."* Government slogan,  
World War II

*"Tact is after all a kind of mind reading."*  
Sarah Orne Jewett

*"Gossip is mischievous, light and easy to raise, but grievous to bear and hard to get rid of. No gossip ever dies away entirely."*  
Hesiod 700 B.C.

*"Let no one be willing to speak ill of the absent."* S. Propertius

*"He never repented that he had held his tongue, but often that he had spoken."* Plutarch

# Ghana - The Story of the Tongue

By Dr. Michael Lockett/The Normal Storyteller

## The Story of the Tongue

As Adapted by Dr. Mike Lockett, The Normal Storyteller

Once a chief in a small village in Ghana told a servant to go to the market. "Bring me the best pece of meat that is sold in the market," said the chief.

The servant obeyed and ran to the market right away. The chief was surprised when the servant came back with the tongue of a large cow that had just been butchered. It did not look like it would be good to eat. Yet when prepared by the cooks, the chief was impressed. The meat was truly delicious. It was tender and savory and quite pleasing to eat.

The chief called the servant to him again. "The tongue was truly wonderful. Now go to the market again and bring me the worst piece of meat that is sold in the market."

The servant obeyed once again. He ran right to the market. Soon he came back carrying a piece of meat that looked like the first. The chief was surprised that the servant once again brought him a tongue from another cow that had just been butchered.

"What is this?" asked the chief. When I asked you to bring me the best piece of meat, you brought me the tongue. When I asked for the worst piece of meat you brought me another tongue. Do you play games with me?"

The servant answered, "The tongue can be beautiful or ugly. It can be sweet or bitter. It depends on the words and sounds that are heard by the listener. If a person's words are kind and sweet, the tongue is at its best. It is delicious to the ear. The sounds of the tongue bring happiness. If the words we say are crude and sharp, they can be hurtful and bitter. They can bring sadness and pain."

"Thank you," said the chief. "Your words are wise." Then to his people he said, "May the words of all of us be sweet and delicious for all who hear them."

Dr. Mike Lockett is an educator, storyteller and children's author from Normal, IL. Dr. Lockett has given more than 3000 programs across the USA and as far away as eastern Asia. Contact Mike by writing to [Mike@mikelockett.com](mailto:Mike@mikelockett.com) in order to book him for a storytelling program or young authors program or to inquire about purchasing his books and CDs. More stories and information about storytelling can be found at [www.mikelockett.com](http://www.mikelockett.com)

# L'HONNETETE (HONESTY)

## L'HONNETETE

(Honesty)

"Si chacun balayait devant sa porte, le village serait plus propre!" Proverbe écossais



L'honnêteté est la qualité de celui qui est vrai et sincère. C'est très important car cela permet de construire la confiance. Lorsque les gens sont honnêtes, on peut compter sur eux et être sûr qu'ils ne vont pas mentir, tricher ou voler. Si vous êtes honnête cela signifie que vous vous acceptez tel que vous êtes. Lorsque vous êtes ouvert et digne de confiance, les autres peuvent vous croire.

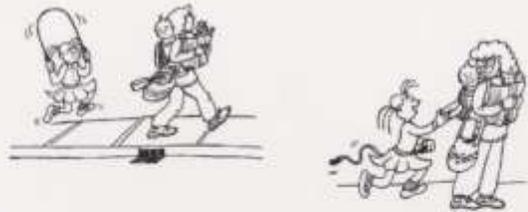


Virtues Project International

## Signes de succès

Vous pratiquez l'HONNETETE lorsque.....

- Vous dites ce que vous pensez et vous pensez ce que vous dites
- Vous ne faites que les promesses que vous pouvez tenir
- Vous dites la vérité avec tact
- Vous admettez vos erreurs
- Vous refusez de mentir, de tricher ou de voler
- Vous êtes vrai avec vous-même et vous agissez en conséquence.



Je suis honnête. Je tiens mes promesses. Je n'ai pas besoin d'impressionner les autres. Je m'accepte moi-même. Je dis la vérité gentiment et avec tact.

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## CULTURAL PROVERBS

Honesty is the best policy.  
A liar ain't got no memory.

### Meanings:

The best thing to do in any situation is to be honest. It is difficult to remember something that is not true. So if you tell the truth the first time, you won't have to remember the lie you told because a liar forgets what he / she said and to whom.

## FOLKTALE

"Broo Nansi and Tiger's Mango Tree"  
Broo 'Nansi A Selection of Anansi Stories  
collected and transcribed by Lezmore E. Emanuel, Ph.D.

Discover how cleverness and not so honest of Broo Nansi affected Broo Tiger. Enjoy!

# Activities with Honesty



## Role Play

Have a role play of a pie salesperson trying to make a big impression, making big claims for what is for sale, and how people react. Then have a role play of the same person describing what is for sale with honesty.

## Virtues Sharing Circle

With a partner share a time you did not practice honesty and how it felt and a time you did practice honesty and how it felt. Give each other virtues acknowledgments when you are finished. "I see your (virtue) in the way you (action or behavior)."

## Story

Read a story about "Honest Abe" Lincoln and how his simple honesty won people's admiration and respect.



## Virtues Reflection Questions

- When is it the most difficult to be honest?
- Name a time you practiced honesty.
- How do you feel when someone exaggerates?
- Why do we want to impress others by exaggerating?
- What would it feel like to always tell the truth and keep our word?
- How does honesty help friendship to grow strong?
- Why is it important to be honest?



## Drawing Honesty

Draw an example of someone practicing honesty.



## Poster Points

- Honest!
- Nothing but the truth.
- What you see is what you get.



## Quotable Quotes

*"Every man takes care that his neighbor shall not cheat him. But a day comes when he begins to care that he does not cheat his neighbor. Then all goes well."*

Ralph Waldo Emerson

*"If each before his own door swept, the village would be clean."*

Scottish proverb

*"Fine words and an insinuating appearance are seldom associated with true virtue."*

Confucius

*"Honesty is contagious, just like dishonesty is contagious. We need more honesty in the world."* Anne Wilson Schaefer

*"To dream of the person you would like to be is to waste the person you are."* Anonymous

## BROO NANSI AND TIGER'S MANGO TREE

Broo Tiger had a beautiful mango tree. Whenever mangoes were in season, it would bear the biggest, yellowest, juiciest, sweetest mangoes in the whole village. Every year it was the same thing. Nansi would try to get his hands on some of Broo Tiger's mangoes, and Broo Tiger would threaten him. Well, this time Nansi couldn't stand it any longer. He decided to trick Tiger. He went into Tiger's yard.

"Oh, Broo Tiger," he called out, "have you heard the news?"

"What news, Broo?"

"There is a big storm coming up. Everybody who has a tree in his yard has to tie himself to it to keep from being blown away."

"True? Then I had better tie myself to my mango tree." Tiger tried to tie himself but was unsuccessful. Finally Nansi tied him tightly to the tree. Then he climbed into the tree and proceeded to enjoy Broo Tiger's mangoes to his heart's content. Every time he would eat a mango he would hit Broo Tiger in the head with the seed. Broo Tiger was wringing hot. When Nansi had eaten his fill, he shook the tree and threw down all the ripe mangoes. Gathering them up in a bag, he went on his way leaving Broo Tiger tied to the tree.

Soon, along came Broo Goat. Tiger asked him to untie him. "Sorry, Broo, but I can't stop." Broo Tiger growled fiercely.

Broo Pig came bobbing along. "Please, Broo, untie me!"

"Sorry, Broo Tiger, I can't stop. I'm in a hurry." Broo Tiger growled even more fiercely.

Several hours later, along came Broo Duck-ants. Now Broo Duck-ants moves so slowly that Broo Tiger hesitated to ask him for help. But there was no one else around, so he did. Eventually, Duck-ants got Tiger untied.

"Thanks, Broo. Any relative of yours is a friend of mine."

All this time Nansi was up in a nearby tree listening. When he heard Tiger make the remark about Duck-ants' relatives, he formed a plan.

Next morning, bright and early, he presented himself to Tiger's house.

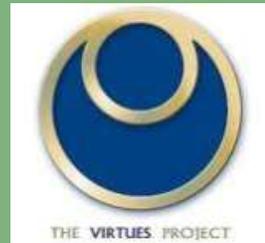
"Who is there?" they called.

"It's I, Broo Duck-ants' brother."

So they made him welcome and fed him and asked him to stay the night. Next morning Nansi ate a huge breakfast and went to take his bath. In order to bathe he had to remove his hat. As you know, Nansi is bald, so they realized that they had been tricked. Tiger chased him out of the house, and he ran into the bush and hid in an abandoned house. I hear he is still there.



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



# Bringing Virtues to Life

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**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)