



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

JULY 2017 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.

Who can be contacted for additional information? Feel free to contact Virtues Project Facilitator, Mrs. Arlene L. Pinney-Benjamin at 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.

In review ... From September to June, the five strategies have been discussed in detail. During the months of June through August, the strategies will continue to be reviewed.

Strategy #3: "Setting Clear Boundaries"

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

The Process of Restorative Justice

In the ideal process of restorative justice, individuals:

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

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

Four Steps to Restorative Justice

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

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

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

Ten Guidelines for Effective Ground Rules

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

Strategy # 4: What is Honor the Spirit?

Honoring the spirit is sustaining our vision and purpose by integrating virtues into our activities, surroundings, celebrations, and the arts. We have a daily routine of reverence to pray, reflect, and serve. It is something that gives you the energy and strength to stay focused and to push forward. Honoring the spirit is doing something that is stress free and it gives you the added energy and drive to refocus and staying focus to your commitments at home, work, church, community, etc. It can be done through the day; for example, it can be done before your day starts in the quietness of the day before dawn, during your lunch time, or at bedtime.

The A.R.T. of Boundaries

Assertiveness

Do what is right for you!

Respect

Be deeply present without

Advising

Interrupting

Criticizing

Teasing

Trust

Be worthy of trust

What we say here, stays here!

Ways to Honor the Spirit

- Virtues Sharing Circles
- Celebrations
- Traditions
- Reflective Time
- Moments in Nature
- Service Learning
- The Arts
- Virtues Picks
- Listening to your favorite music
- Attending your child's sporting activities

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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)

Assertiveness

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

(July 30 - August 5, 2017)

Upcoming

AUGUST 2017

VIRTUES OF THE MONTH:

Modesty

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

(August 6 – August 12, 2017)

Cleanliness

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

(August 13 - August 19, 2017)

Detachment

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

(August 20– August 26, 2017)

Caring

I am thankful for the gift of Caring. It helps me to express my love.

(August 27 - September 2, 2017)

HUMILITY

Humility is being modest, humble, and unpretentious. We consider others' views and needs as important as our own. We willingly serve others and accept help when we need it.

When we cause hurt, we have the humility to admit it and make amends. We accept the lessons life brings, knowing that mistakes are often our best teachers. Humility is not humiliation. We do not shame ourselves or others with the illusion that we are meant to be perfect. We give our very best, and trust that it is enough. Humility reminds us to be thankful for our successes rather than boastful.

"I long to accomplish great and noble tasks, but it is my chief duty to accomplish humble tasks as though they are great and noble.

Helen Keller

The Practice of Humility

... I practice humility when I ...

Consider the needs of others as important as my own
Apologize and make amends when I hurt others
Learn from my mistakes and change for the better
Ask for help when I need it
Am doing my best just to do it, not to impress anyone
Am grateful instead of boastful

Affirmation:

I am humble. I do not judge others or myself.
I value my ability to keep growing and learning.

CULTURAL PROVERBS

"Cut yoh coat to suit yoh cloth"

Meanings:

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

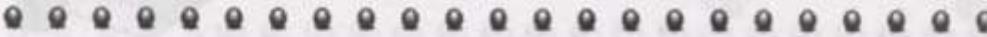
FOLKTALE

"Zoar Hog"

Broo Nansi - - A Selection of Anansi Stories
Collected by Dr. Lezmore E. Emanuel

With humility missing in the pretty very vain girl's life,
discover how her choices affected her!

Activities with Humility



Humble Tea

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



Virtues Reflection Questions

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



Drawing Humility

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



Poster Points

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



Quotable Quotes

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

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

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

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

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

BOAR HOG

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

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

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

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

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

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

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

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

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

FLEXIBILITY

Flexibility is the ability to adapt and change amid the fluctuating circumstances of life. We go with the flow, seeing the choices, challenges, and opportunities in all that happens. We do not insist on our way. We are open to the opinions and feelings of others. When the unexpected comes, we rise to the challenge with resilience and confidence. We are willing to change unproductive habits. We seek imaginative new ways to do things. The winds of change may bend us but they only make us stronger. We are willing to grow. We enjoy spontaneity. We welcome surprises.

“I bend but do not break.”

Jean De La Fontaine

The Practice of Flexibility

... I practice flexibility when I ...

Learn from my mistakes
Am willing to change bad habits
Try imaginative new ways to do things
Am open to the ideas and feelings of others
Can adjust when something unexpected happens
Go with the flow. Trust the unexpected.

Affirmation:

I am flexible. I keep changing for the better. I use my creativity. I welcome surprises.

CULTURAL PROVERBS

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

Meanings:

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

FOLKTALE

“Compere Zayeh and Compere Donkey”

Broo Nansi - - A Selection of Anansi Stories

Collected by Dr. Lezmore E. Emanuel

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

Activities with Flexibility



Flexibility Chain

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

How Many Ways?

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

Tell a Story with Puppets

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



Virtues Reflection Questions

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



Drawing Flexibility

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



Poster Points

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



Quotable Quotes

"Go with the flow." Anonymous

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

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

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

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

"Change is just an attitude away." Anonymous

COMPERE ZAYEH AND COMPERE DONKEY

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

An Anansi Story from Grenada



ORDERLINESS

Orderliness is living in a way that creates harmony around us and within us. We have a place for the things we use, and keep them where they belong. Order and beauty in our homes and work spaces brings a sense of peace and freedom. Our thoughts and ideas flow more freely. We do not hold onto clutter. We clear the way for genuine abundance. Orderliness is being focused and purposeful, planning tasks step by step instead of going in circles. As we trust Divine order in our souls.

“What a gift of grace to be able to take the chaos from within and from it create some semblance of order.”

Katherine Paterson

The Practice of Orderliness

... I practice orderliness when I ...

Have a place to put each of my things
Put my things away in the same place every time
Have a plan before I begin any job
Create a harmonious space that feels peaceful
Appreciate the beauty and order of nature

Affirmation:

I live this day with order. I do things step by step.
I create beauty and harmony in my space and in my life.

CULTURAL PROVERBS

“Order is ah God’s first order”

Meanings:

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

FOLKTALE

“Tukuma and the Prickly Bush”

Broo Nansi - - A Selection of Anansi Stories

Collected by Dr. Lezmore E. Emanuel

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

Activities with Orderliness



Beauty and Order

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

An Orderly Plan

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

Step-by-Step

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



Virtues Reflection Questions

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



Drawing Orderliness

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



Poster Points

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



Quotable Quotes

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

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

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

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

Jose Ortega Y Gasset

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

TUKUMA AND THE PRICKLY BUSH

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

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

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

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

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

MODERATION

Moderation is being content with enough. It is using self-discipline to create healthy balance between work, rest, reflection, and play. Moderation protects us from the pull of addictive desires. We do not grasp to do or have more in the belief that we are lacking. We do not try to be everything to everyone. We set healthy boundaries that value our time and energy. We protect ourselves from the stress of overdoing. We discern our own perfect rhythm. Moderation isn't deprivation. It is loving ourselves enough to choose what is just right.

“Moderation is the silken thread running through the pearl chain of all virtues.”

Joseph Hall

The Practice of Moderation

... I practice moderation when I ...

Get enough of what I need, no more, no less
Use self-discipline to stop myself from overdoing
Take care of my health
Balance work and play in my life
Know my own limits and set boundaries for myself
Am content with enough

Affirmation:

I am moderate. I am thankful and content to get what I need.
I use my time and energy wisely. My life is well balanced.

CULTURAL PROVERBS

”Goat Dress up as Lamb

Meanings:

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

FOLKTALE

“Broo Turkey, Broo Duck, and Broo Fowl-Cock”

Broo Nansi - - A Selection of Anansi Stories

Collected by Dr. Lezmore E. Emanuel

Explore what Fowl-Cock's lack of moderation caused him!

Activities with Moderation



Design Your Life

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

Moderation Story

Tell the story of Goldilocks and the Three Bears.



Drawing Moderation

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



Poster Points

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



Virtues Reflection Questions

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



Quotable Quotes

"Easy Does It." Slogan of Alcoholics Anonymous

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

Joseph Hall

"Enough is enough." Anonymous

"Moderation in all things." Terence

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

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

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

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

BROO TURKEY, BROO DUCK, AND BROO FOWL-COCK

Duck and Turkey made a bargain to kill Fowl-Cock. Everytime the farmer's wife would throw feed to them, Fowl-Cock, because he was so greedy, would eat all of it up quickly. If either of the other scratched up a delicacy, Fowl-Cock was there to take it away from him. Finally, the other two could stand it no longer and they made up their minds to kill Fowl-Cock.

This day, when the farmer's wife fed them, Turkey and Duck pretended to quarrel. As they strutted around and screamed and gobbled and quacked, Fowl-Cock watched them. Eventually, he stepped in.

"What are you two quarreling about?" he asked.

But there was no proper answer. Instead, Turkey jumped on Fowl-Cock and began to berate him for his greedy ways.

Fowl-Cock retorted, "You are acting like a woman."

Turkey screamed, "You are so greedy, you will eat anything."

The quarrel went on and on. Finally, Duck came in between them. When Fowl-Cock made a swipe at Duck, he said, "Yes, that is what I want you to do. I've got you now. I am going to kill you because you eat too much and we can't get anything to eat."

The argument became heated, and Duck fell on Fowl-Cock and held his neck and put it under his wing. When Fowl-Cock fell down, Duck had his neck under his wing, doing his best to break it. Fowl-Cock screamed but Duck wouldn't let him go until he broke his neck.

When Turkey saw him lying there on the ground rooting around, he said, "Now, we will get enough to eat." In the meantime, Fowl-Cock paid for his greediness with his life.

ASSERTIVENESS

Assertiveness means being positive and confident. You are aware that you are a worthy person with your own special gifts. You think for yourself and express your own ideas. You know what you stand for and what you won't stand for. You expect respect.

“Dost thou reckon thyself a puny form, when within thee the universe is unfolded?”
Imam Ali

The Practice of Assertiveness

... I practice assertiveness when I ...

Share my own ideas and feelings
Tactfully tell others what I really think
Don't allow others to lead me into trouble
Avoid being aggressive or passive
Ask for what I want and need
Expect respect at all times

Affirmation:

I am assertive. I freely express my own ideas.
I think for myself and do what I feel is right. I am my own leader.

CULTURAL PROVERBS

“Ah de quiet bull de butcher kill”

Meanings:

Speak up for your rights.

FOLKTALE

“The Girl and the Baboon”

Broo Nansi - - A Selection of Anansi Stories
Collected by Dr. Lezmore E. Emanuel

Discover how the father exercised his assertiveness toward Baboon!

Activities with Assertiveness



Mind Map

Make a mind map showing the personal boundaries you need in order to stay safe, to stay healthy, to get what you need, e.g. I walk away from trouble, I get help if I am threatened. I speak up about what I need.

Role Play

Describe a situation of someone being disrespectful, such as breaking in front of someone in line at a movie theater. First discuss what it would be like to be too passive, then discuss what it would be like to be too aggressive, then role play the situation using assertiveness, an approach which is firm but tactful and courteous.



Virtues Reflection Questions

- ❶ What happens to people that are too passive?
- ❷ What happens to people that are too aggressive?
- ❸ What is the difference between aggression and assertiveness?
- ❹ Name three things to do when someone is bullying you.
- ❺ What would you say and do if a stranger asked you to go with him or her?
- ❻ When do you find it difficult to say no?
- ❼ What are three ways to avoid a fight?
- ❽ What can a bossy person do to become more respectful?
- ❾ What can a bully do to become a friend?



Drawing Assertiveness

Draw a picture about "Stranger Danger".



Poster Points

- ❶ Expect respect.
- ❷ Express Yourself.
- ❸ Stand Up Speak Out.
- ❹ Set Clear Boundaries.
- ❺ Lead Your Life.



Quotable Quotes

"Since you are like no other being ever created since the beginning of time, you are incomparable." Brenda Ueland

"Yes, I can!" Sammy Davis Jr.

"This above all – to thine own self be true, and it must follow as the night the day, thou canst not then be false to any man."

William Shakespeare, Hamlet

"If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away."

Henry David Thoreau

"No one can make you feel inferior without your consent."

Eleanor Roosevelt

THE GIRL AND THE BABOON

One time there was a little girl who used to carry her father's lunch to him in the fields every day. One day a baboon stopped her and ate up all the lunch and threatened to kill her if she told her father. Then he sent her home. Every day this happened, and when the father asked the girl what had happened to the lunch, she would say that she didn't know.

One day the baboon stopped the girl and ate the lunch. Meanwhile, the father waited and waited, and no lunch. So he decided to go look for the girl. He then saw the baboon stop her and eat the lunch.

The next day the Baboon stopped the girl again, "Hah, you are all dressed up today. What have you got for lunch?"

"Crab and rice," she answered.

So he told her to put down the wooden box with the lunch. She put it down and moved aside. And he called her and asked her, "Where are you going?"

"I am going to the bathroom," she answered

He called out, "Girl, come back here! You are a good looking girl and your father must be a particular man."

All this time, he didn't know that the father was watching them and had brought his loaded gun. As the girl stepped aside, the Baboon said, "I smell gun powder." At that, the father aimed and shot him. He sprang into the air and shouted, "Yeow, I have gun powder here now!" As he dropped back to earth, the father aimed again and shot him dead.

References



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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

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