The Virtues Project Faribault

What are Virtues?

- Which Virtues are you familiar with?

- Which ones are easy for you?
- How do you see Virtues in your daily life?

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Virtues: The Gifts of Character

Assertiveness
Caring
Cleanliness
Commitment
Compassion
Confidence
Consideration
Cooperation
Courage
Courtesy
Creativity
Detachment
Determination

Diligence
Enthusiasm
Excellence
Flexibility
Forgiveness
Friendliness
Generosity
Gentleness
Helpfulness
Honesty
Honor
Humility
Idealism

Integrity
Joyfulness
Justice
Kindness
Love
Loyalty
Moderation
Modesty
Orderliness
Patience
Peacefulness
Perseverance
Purposefulness

Reliability
Respect
Responsibility
Self-discipline
Service
Tact
Thankfulness
Tolerance
Trust
Trustworthiness
Truthfulness
Understanding
Unity

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The Virtues Project gives us definitions and signs of success for each virtue.

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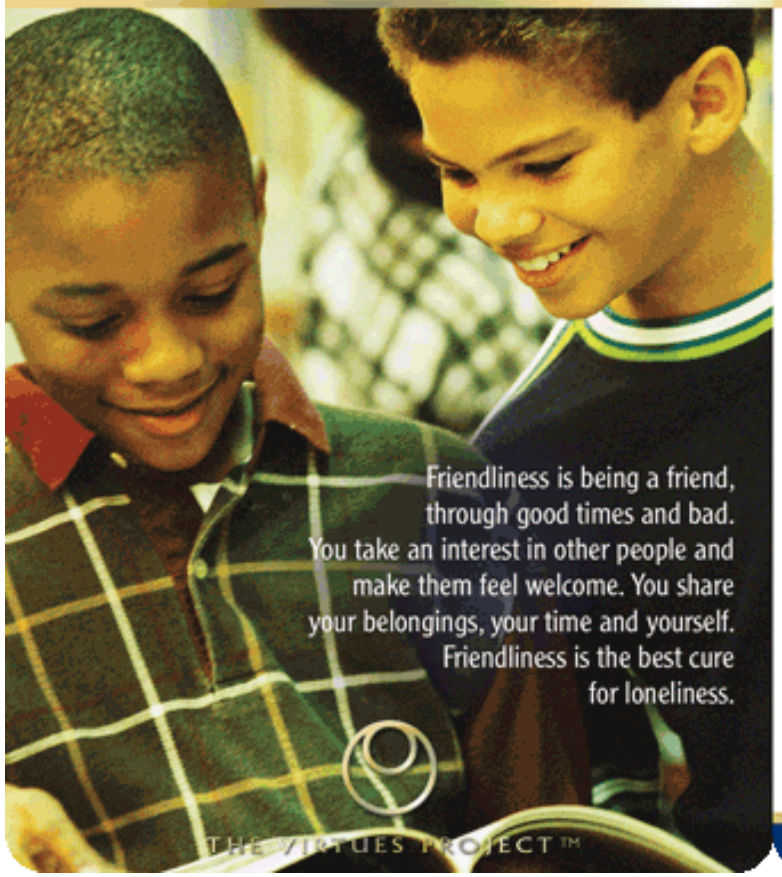
Friendliness



You are practicing

Friendliness

when you...

- Like yourself and know you have a lot to offer
- Smile and greet people courteously
- Get to know people and let them get to know you
- Show caring when a friend needs you
- Are friendly to people who look and act differently
- Make someone new feel welcome

Affirmation

I am friendly. I show an interest in others by being warm and courteous. I am a loyal friend. My friendship is a worthy gift.

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Helpfulness

Helpfulness is being of service to others, doing thoughtful things that make a difference in their lives. Offer your help without waiting to be asked. Ask for help when you need it. When we help each other, we get more done. We make our lives easier.

You are practicing

Helpfulness

when you...

- Notice when someone needs help
- Do a service without being asked
- Give people what they need, not always what they want
- Listen to someone who needs to talk
- Care for your own needs
- Ask for help when you need it

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.

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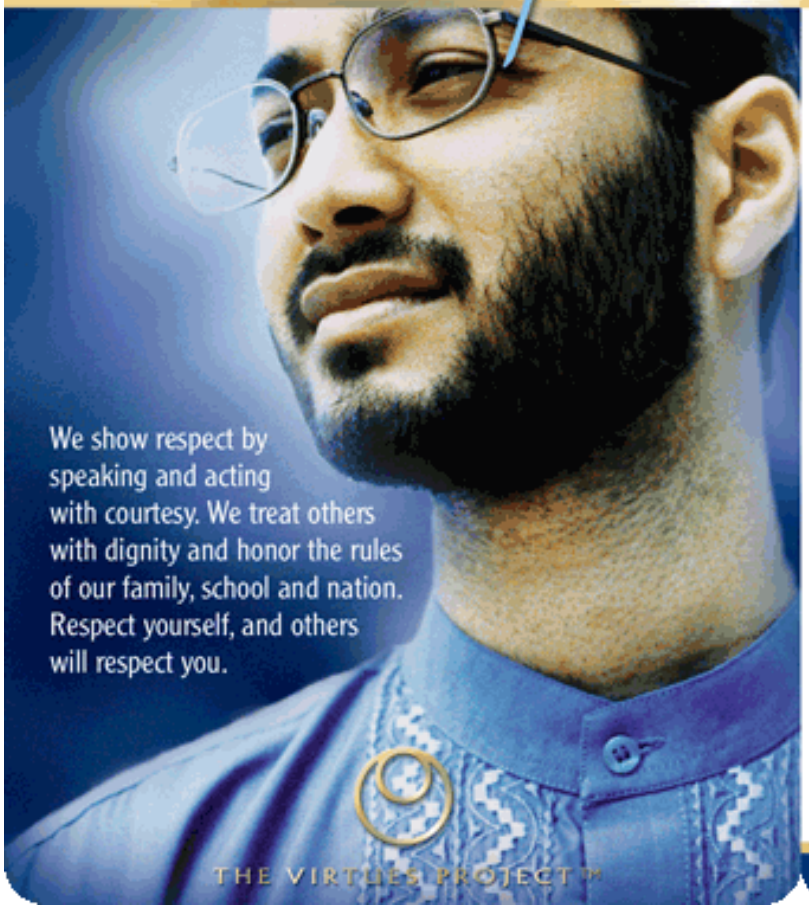
Respect



You are practicing

Respect

when you...

- Speak courteously to everyone
- Take special care of the belongings of others
- Are receptive to the wisdom of elders
- Honor the rules of your family, school and nation
- Expect respect for your body and your rights
- Treat others with dignity

Affirmation

I am respectful.
I honor the wisdom of elders.
I treat others and myself as we deserve to be treated.

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Your Virtues

We are all born with *all these virtues* in us and our life's work is to bring them out in ourselves and others.

You are complete with all of the Virtues!

Claim your STRONGEST Virtues on your frame!

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Virtuesproject.com

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What is The Virtues Project?

An approach that calls people to remember their **virtues**, the qualities of character common to all cultures of the world, and provides strategies to strengthen relationships in the home, family and community.

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Worldwide Revolution

- Began as a **parenting program** and soon discovered universal application in schools, organizations and businesses
- The Virtues Project™ is a global grassroots initiative launched in 1991 to inspire the **practice of virtues in everyday life.**
- It sparked a global revolution of kindness, justice, and integrity in more than 120 countries.

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There is Unity in Virtues

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Faribault's Project

- 68 people - 2 day training – August 2016
- Faribault Daily News Virtue of the Week
- Five local trained facilitators
- **Free Local Introductory Workshops**
- Presentations to many groups
- Virtue of the week on billboard by KFC
- Customized workshops

The mission of The Virtues Project-Faribault is to promote and encourage the recognition and practice of VIRTUES, to enrich the lives of people in our community and to further the cause of unity.

Hidden Gems

Partnering with the Faribault Daily News
Ready to honor more Hidden Gems
in our community!

Pick up a brochure and nominate someone!

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Early Childhood Character Development

Thanks in part to a Faribault Foundation Pride Grant – a gift bag like this was given to each Kindergarten and Pre-school classroom in Faribault this fall.

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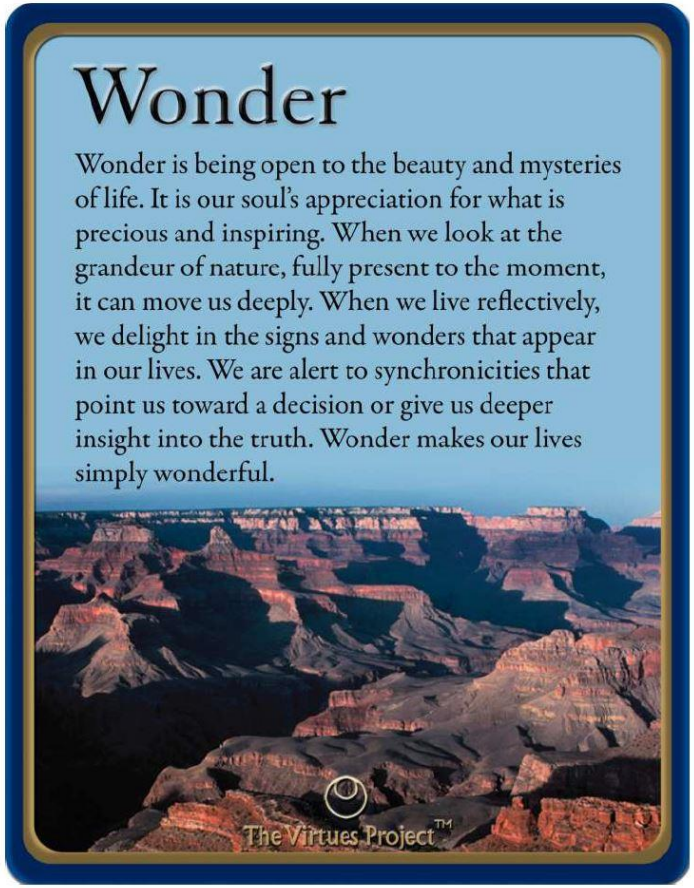
Faces of Faribault - Downtown



Anna

Suzanne

Paul

Joseph

Sarah

We are the artists of **The Upper East Side.**
With creativity and passion in our minds and hearts,
we look at the world around us to find a sense of wonder.
Please join our imaginative crew to create your own
sense of wonder!

213 Central Ave, 507-339-1770

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Virtues Trail

Goals for today!

- Awaken awareness of your own **Virtues**
- Help you to see **Virtues** in others
- Urge you to recognize **Teachable Moments**
- Experience Speaking the **Language of Virtues**
- Inspire you to learn more about the Virtues Project and the Five Strategies

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GUIDING PRINCIPLES

- Parents are the primary educator of the child.
- Children are born with great potential.
- Character develops as children learn to make good choices.
- Self Esteem is a natural outcome of living by virtues.

SEE VIRTUES EVERYWHERE

- As you begin to use Virtues in your life, you will find yourself easily seeing more and more virtuous behavior all around you.
- Children and adults all want to be recognized for their inherent strengths and positive attributes.

How will using Virtues help?

- Help develop **character**
- Build confidence and self esteem
- Improve listening skills
- Strengthen **relationships**
- Resolve Conflicts

Five Strategies

- Speak the Language
- Recognize Teachable Moments
- Set Clear Boundaries
- Honor the Spirit
- Offer Companioning

SPEAKING the LANGUAGE of VIRTUES

Words are **powerful**

Virtues Words speak straight to the heart

Focus on virtues, the **intent** of the behavior we want.

Shaming and Labels

These powerful Virtue words can rename challenging traits or behaviors into virtues.

Name the ACT not the ACTOR

Call out names or labels that people are given.

Let’s rename these labels with Virtues.

Structure of the language:

Opening phrase

VIRTUE

Situation or Evidence.

Acknowledge
When you see a virtue happening……

Guide
to prepare for something
that is going to happen

Correct
By reminding about a virtue after
something has happened.

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Acknowledge: Comment on a good behavior using a virtue word

- Your are so determined! It is great to see that in you.
- You have been doing excellent work on the project assignment.
- Thank you for your cooperation in getting ready for school on time every day this week.
- I really appreciate your kindness, it means a lot to me.

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Guide or Encourage: Help in advance by using a virtue

- I need you to be **helpful** today because I am not feeling well.
- We will need to use our **courage** today when we ask for extra help from the teacher.
- Remember in our house we value **cleanliness,** please pick up your things when you are done playing
- Please be **honest** and tell me what is on your mind.

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Correct: After the fact correct using a virtue word

- STOP! Violence is not tolerated here– you must treat one another with kindness and courtesy
- What would help you to be more patient while we wait?
- What would be a respectful way to say that?
- Could we all try to use more tact even when we are irritated?

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Let's Practice….

- **Acknowledge:** Comment on good behavior using a virtue word

- **Guide or Encourage:** Help in advance by using a virtue word

- **Correct:** After the fact correct using a virtue word

TEACHABLE MOMENTS ARE OPPORTUNITIES TO…

help virtues grow
see virtues in any situation
virtues that need to be practiced
virtues that are happening
remember,
there is always a virtue

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VirtueCards.org

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Virtuesshop.com

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