

determination

**a decision to do something
and not quit, even when
it's hard**

consideration

**thinking about others
and what they need or
want when you are
making a decision**

peacefulness

**a calm feeling inside your
body or in a situation**

tact

**telling the truth kindly,
thinking about how your
words will make others,
and sometimes choosing
not to say anything at all**

This week, look for examples of consideration in our reading and in the world. How can you show consideration for others?

This week, look for examples of determination in our reading and in the world. When do you feel determined?

This week, look for examples of tact in our reading and in the world. How can you be tactful with your words and actions?

This week, look for people who feel or act peaceful in our reading and in the world. What does peacefulness feel like to you?

caring

giving love and attention to the people and things that are important to you

patience

a quiet hope and trust that things will be alright at the right time; waiting without complaining; letting yourself and others take time to learn

service

giving to others, helping people, and making a difference in their lives

honesty

understanding what is real and true, and using your words and actions to tell the truth

This week, look for examples of patience in our reading and in the world. Talk about some times when you have to be patient. Is it easy or hard for you?

This week, look for examples of honesty in our reading and in the world. Why is it important to be honest?

This week, look for examples of caring in our reading and in the world. Who/what do you care about the most? How do you show that you care?

This week, look for people who serve others in our reading and in the world. What kinds of things can you do to serve others?

kindness

being nice, showing that you care, doing some good to make life better for others

perseverance

keeping going no matter how long it takes or how hard it is; never giving up

reliability

doing what you say you will do; not forgetting your responsibilities

detachment

feeling your feelings, but not letting your feelings control your actions

This week, look for examples of perseverance in our reading and in the world. Is perseverance easy or hard? Why?

This week, look for examples of detachment in our reading and in the world. If you were feeling angry or upset, how could you practice detachment?

This week, look for examples of kindness in our reading and in the world. Talk about someone who is kind to you. What do they do to show kindness? How can you show kindness?

This week, look for examples of reliability in our reading and in the world. How do you feel when someone forgets to do what they said they would do? Why is it important to be reliable?

humility

**learning from your mistakes,
admitting when you are
wrong, and knowing that
others are just as important
as you are**

assertiveness

**being positive and confident,
knowing that you are a
special person with important
thoughts, words, and ideas**

honor

**doing the right thing no
matter what the situation is
or what other people are
doing**

understanding

**using your mind to think
clearly, paying careful
attention to see the meaning
and purpose of things**

This week, look for examples of assertiveness in our reading and in the world.

If someone is playing too rough, what can you do to show assertiveness?

This week, look for examples of understanding in our reading and in the world.

How does it feel when you understand something new?

This week, look for examples of humility in our reading and in the world.

If you made a mistake that hurt someone's feelings, how could you show humility?

This week, look for examples of honor in our reading and in the world.

Think of some ways to show honor to your parents, friends, siblings, or other people in your life.

trust

a positive attitude about life; believing that the right thing will happen or that someone will do the right thing

respect

treating people, places, and things like they are important and valuable

truthfulness

being honest with your words and your actions; not trying to be someone you're not

forgiveness

letting go of angry feelings after someone has done something wrong

**This week, look for
examples of respect in
our reading and in the world.
How can we show respect to
people? Our planet? Things?
Ourselves?**

**This week, look for
examples of forgiveness in
our reading and in the world.
How do you feel after you
forgive someone?**

**This week, look for
examples of trust in our
reading and in the world.
Who are people that you
trust? Why do you trust
them?**

**This week, look for
examples of truthfulness in
our reading and in the world.
How do you feel after you
tell a lie? How do you feel
after you tell the truth?**

commitment

deciding carefully what you want to do, and then finishing what you started

cooperation

working together, sharing the work, and talking about how to do things so that everyone can do their part

orderliness

being neat and organized, knowing where things are, and solving problems step by step

tolerance

accepting differences, knowing that all people have feelings, needs, hopes, and dreams

This week, look for examples of cooperation in our reading and in the world. Is perseverance easy or hard? Why?

This week, look for examples of tolerance in our reading and in the world. Do other people think, look, act, or speak just like you? Is it okay that they are different?

This week, look for examples of commitment in our reading and in the world. Talk about someone who is kind to you. What do they do to show kindness? How can you show kindness?

This week, look for examples of orderliness in our reading and in the world. How does it feel when you put your room in order after it's been messy?

integrity

**matching your words with
your actions; acting like the
person you say you are;
following the rules you set
for yourself**

idealism

**caring about what is right,
and working to make the
world a better place**

friendliness

**being a friend, through
good times and bad**

self-discipline

**being in control of yourself
and your actions**

This week, look for examples of idealism in our reading and in the world. What are 3 things people could do to make a good difference in our community?

This week, look for examples of self-discipline in our reading and in the world. Talk about a time when you had to practice self-discipline in order to finish a job or task.

This week, look for examples of integrity in our reading and in the world. What kind of person do you want to be? How can you act like that kind of person?

This week, look for examples of friendliness in our reading and in the world. What would a good friend do if they saw someone who looked upset or sad?

enthusiasm

**being cheerful, positive,
and excited to do something**

cleanliness

**keeping your body clean,
wearing clean clothes,
putting things into your
body and mind that will
keep you healthy**

gentleness

**touching softly, holding
carefully, speaking at a
good volume, thinking kindly,
and moving wisely**

trustworthiness

**doing what you say you will
do, and being honest about
everything; being a person
your friends and family can
trust**

This week, look for examples of cleanliness in our reading and in the world. What are 3 things people could do to make a good difference in our community?

This week, look for examples of trustworthiness in our reading and in the world. Talk about someone you know who is trustworthy. Why do you feel safe trusting this person?

This week, look for examples of enthusiasm in our reading and in the world. What kind of person do you want to be? How can you act like that kind of person?

This week, look for examples of gentleness in our reading and in the world. What are some things you need to be gentle with?

creativity

making new things, using your imagination, finding different ways to solve problems

generosity

giving and sharing without thinking about what you will get in return

love

a special feeling that fills your heart and makes you treat people and things with care and kindness because they mean so much to you

unity

living and working together peacefully, feeling connected with each other and all living things

This week, look for examples of generosity in our reading and in the world. How can we show generosity with our money? Our time? Our love? Our things? Our talents?

This week, look for examples of unity in our reading and in the world. Can you think of a time when you've worked with others to do something?

This week, look for examples of creativity in our reading and in the world. What kinds of creative things do you see people in your life do?

This week, look for examples of love in our reading and in the world. Name a person, place, toy, activity, animal, and/or food that you love. Does love feel the same for all of those things?

justice

being fair, not accepting it when someone is being treated unfairly

loyalty

not changing in your love, care, or friendship; staying the same in your love for a person or idea

confidence

feeling sure about someone or something; not being afraid of failure

compassion

understanding and caring when someone is hurt or upset, and wanting to help even if all you can do is sit and listen

This week, look for examples of loyalty in our reading and in the world. Do you feel loyalty toward any things or people?

This week, look for examples of compassion in our reading and in the world. What does it mean to “put yourself in someone else’s shoes”? How does this help you to show compassion?

This week, look for examples of justice in our reading and in the world. Can you think of a time when something was not fair? What happened?

This week, look for examples of confidence in our reading and in the world. When do you feel the most confident in yourself? When do you feel the least confident?

helpfulness

being a helper; offering your help without being asked; doing thoughtful things that make a positive difference in someone's life

excellence

doing your best, giving careful attention to every task and every relationship

courage

being brave even when you feel afraid; doing the right thing even when it is hard or scary; trying new things

joyfulness

a feeling of peace and happiness inside; feeling grateful and appreciating what you have

This week, look for examples of excellence in our reading and in the world. Why should we try to do things with excellence?

This week, look for examples of joyfulness in our reading and in the world. What do you do that makes you feel joyful?

This week, look for examples of helpfulness in our reading and in the world. What could you do today to make someone else's life easier?

This week, look for examples of courage in our reading and in the world. Doing something for the first time can be scary. How can you get past your fear?

diligence

**working hard and doing your
absolute best**

flexibility

**being open to change or to
doing things someone else's
way**

moderation

**doing a healthy amount of
different things – not too
much or too little of anything**

modesty

**having the self-respect to
keep private things private
and the respect for others
to remember who has helped
us along the way**

This week, look for examples of flexibility in our reading and in the world. Think of a time when you had to be flexible. What happened? How was it?

This week, look for examples of modesty in our reading and in the world. What would you do or say if someone asked to see or touch your private body parts?

This week, look for examples of diligence in our reading and in the world. How does your room look when you clean it with diligence? How does it look when you clean without diligence?

This week, look for examples of moderation in our reading and in the world. Can you think of some things that would be unhealthy if we did them too much?

thankfulness

feeling glad about the things we have, and not worrying too much about the things we want but don't have

responsibility

doing what you are supposed to do, making things right when you make a mistake, and doing things with excellence

courtesy

being polite and having good manners; making others feel respected and valued

purposefulness

knowing what you want to do, doing one thing at a time, and working with focus to reach your goals

This week, look for examples of responsibility in our reading and in the world.

What are some things you are responsible for now that you didn't do when you were younger.

This week, look for examples of purposefulness in our reading and in the world. What is something you want to do that you can't do yet? Let's make a plan for you to reach that goal.

This week, look for examples of thankfulness in our reading and in the world. Name some things you are thankful for. What are some things you appreciate about yourself?

This week, look for examples of courtesy in our reading and in the world. What are some words you use to show courtesy? Do people respond differently when you are courteous and when you are not courteous?