
THE VIRTUES PROJECT

CREATING A CULTURE OF CHARACTER

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The mission of The Virtues Project
@ CHIJ OLQP

is to provide empowering
strategies that inspire the practise
of virtues in our students, staff and
parents.

The Virtues Project

- A positive, holistic program used to bring out the best in children and adults.
- Every child, a unique individual
- Promotion of **Love**, **Truth**, **Justice** and **Freedom**



The Virtues Project

5 Strategies

1) **SPEAK the LANGUAGE OF the virtues**

2) **RECOGNIZE teachable moments**

3) **SET clear boundaries**

4) **HONOR the spirit**

5) **OFFERING companionship**



Speak the Language of Virtue

Acknowledge
Correct
Thank

HOW TO GIVE A VIRTUES ACKNOWLEDGMENT

The 3 elements

OPENING PHRASE

VIRTUE

SITUATION

I see your

kindness

in helping your sister.

I honor you for your

kindness

in the way you helped your sister.

I acknowledge you for your

kindness

in the way you helped your sister.

That took a lot of

kindness

to help your sister when you were busy.

It was

kind of you

to help your sister.

You were being

kind

when you helped your sister.

Thank you for

being kind

when you turned down the music.

HOW TO GIVE A VIRTUES INSTRUCTION or CORRECTION

OPENING PHRASE

VIRTUE

SITUATION

You need to be

patient

while you wait for dinner.

Please be

kind

to your sister.

What would help you to be

peaceful

with your sister now?

I need some

consideration.

Please turn down the music.

How can I support you to be

self-disciplined

about remembering your homework?

Be

obedient

now.



Recognize Teachable Moments

Situation	Shaming	Naming
Child is late.	Why are you always late?	I would like you to be more reliable when...
Child behaved rudely/ demandingly.	Why do you have to be so rude/ demanding?	I would like to see more of your courtesy/ patience when...
Child created a mess.	You are so messy.	Please practice the virtue of orderliness by...
Child is taking a long time to complete a task.	Why are you so slow?	Be purposeful and ...

Guidelines for Effective Family Ground Rules



1. Be Moderate

Have no more than 5 or 6 rules.

2. Be Specific

Fit them to your family.

3. Be Positive

Focus on virtues.

Focus on Do's rather than Don'ts.

4. Establish specific, relevant consequences

Let the "punishment" fit the "crime".

5. Make consequences **Educative**, not **Punitive**

Give an opportunity to make reparation.



Guidelines for Effective Family Ground Rules



6. Be Consistent

Be trustworthy ~ keep your boundaries.

7. Communicate Rules Clearly

Use visuals. Humor helps.

8. Make sure children understand the reasons when they receive consequences

Ask “What was this consequence for?”

9. Ground Rules are Non-Negotiable

Make sure that you can live with the rules and then keep them.

10. Be Flexible

Revise the Ground Rules as ages and circumstances change.





Set Clear Boundaries

Boundary	Relevant Consequence
We use peaceful words instead of fists.	If we use fists or disrespectful language, we will have a time out until we're ready to talk peacefully.
We must be considerate and ask for permission before using other people's things.	If we borrow someone's things without permission, we will not be able to borrow it again.

Honor the Spirit

- Virtues Sharing Circles
- Celebrations
- Reflective Time
- Moments with Nature
- Virtues Picks



The Spiritual Companionship™ Process



Open the Door



Offer Receptive Silence



Ask Cup Emptying Questions



Focus on Sensory Cues



Ask Virtues Reflection Questions



Ask Closure & Integration Questions

Give a Virtues Acknowledgment

Follow

What's happening?"

Follow

"What's the hardest thing?"

Follow

"What are those tears?"

Follow

"What would give you the courage...?"

Follow

"What was helpful?"
"What is clearer?"

Lead

"I honor you for your loyalty to your friend."

Lead

"I honor you for your loyalty to your friend."