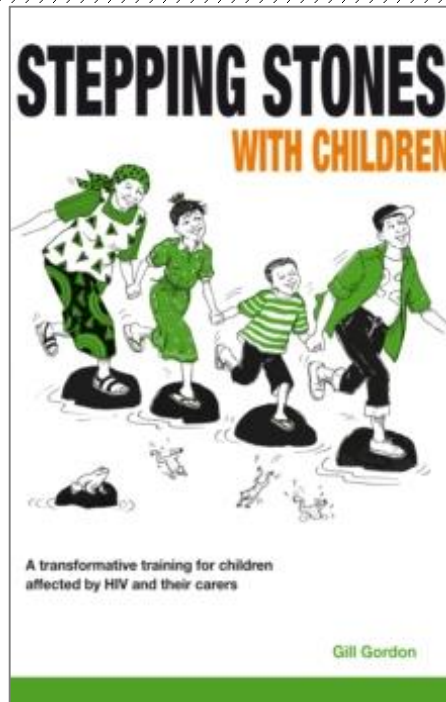


Handouts for *Stepping Stones with Children*



This *Handout for Stepping Stones with Children* is to be used with the *Stepping Stones with Children* training manual published by Practical Action Publishing, 2016.

You can download this handout for free for use with this training manual from the www.stepsstonesfeedback.org website.

On this website there are also many other resources to support you with this training manual and the original *Stepping Stones* training manual.

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ALL ABOUT VIRTUES

1. What is a virtue?

Virtues are: the strengths in our hearts; the best aspects of our characters; the things that are kind and helpful, brave and fair about us; our power and energy for good.

The virtues on our poster and our cards are:

Assertiveness	Flexibility	Kindness	Reliability
Compassion	Forgiveness	Love	Respect
Cooperation	Friendliness	Moderation	Responsibility
Courage	Generosity	Patience	Self-discipline
Diligence	Honesty	Peacefulness	Thankfulness
Enthusiasm	Justice	Purposefulness	Tolerance
			Trustworthiness

Most virtues are shared by all cultures and religions, and are the same throughout our lives.

Virtues help us to develop our characters and to interact well with others. We can learn and improve through our day-to-day activities. We find our virtues in ourselves most easily when we are 'on our hubs'.

When we see a person practising a virtue, it is good to acknowledge it out loud. This is like ability spotting. It makes people aware that they have this virtue and they can choose to act on it in any situation.

2. How to acknowledge a virtue

Explain to the person what they did to show the virtue. For example:

General comment	Specific comment
"You're such a kind boy."	"I saw you behaving in a kind way when you invited the new boy to sit next to you."
"You're a nice Auntie."	"You made me feel so loved when I was crying and you held me and we talked about my mum."

3. Using the language of virtues

We often tell people things that we *don't* want them to do, but it is more effective to say what we *do* want them to do, and to mention the virtue they need to do it.

Negative instructions	Positive requests, including the virtue needed
You two children must stop fighting now!	I think you can use your virtues of <i>peacefulness</i> and <i>kindness</i> to sort out this disagreement between you.
Don't moan when we go to the market like you did last week.	I would love you to show me how <i>patient</i> and <i>strong</i> you can be when we go to the market.
Aunty, I don't want you to cook beans, I don't like them.	Aunty, I love your thoughtfulness when you cook eggs with bread for me.
I must make sure David doesn't find out I broke his watch.	I will use <i>courage</i> and <i>honesty</i> to explain to David that I broke his watch.
I must stop losing my temper with the children.	I will try to be <i>peaceful</i> and <i>kind</i> when dealing with the children. I will stay on my hub.

ACTIVITIES

You can have some fun by playing virtues fruit salad with family and friends.



Let's bring virtues into our daily lives

Choose a virtue each day or each week. Draw a picture of it and stick it on the wall. Practice this virtue and tell each other when you see it being used.

You can also ask yourself or others if they have used the virtue. For example,
 How have I cooperated today?
 How did you show respect today?