



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

# Virtudes

## Septiembre de 2013



## Dándole Vida a las Virtudes

Cortesía del  
Departamento de Educación  
División de Educación Cultural de las Islas Vírgenes

# ***Preguntas mas frecuentes***

## ***Aprendiendo más sobre el Proyecto Virtudes***

### **¿Qué es el Proyecto Virtudes?**

El Proyecto Virtudes o Las Virtudes Familiares como es conocido en español fue fundado en 1991 por Linda Popov, Dr. Dan Popov y el fallecido John Kaveline. Es una iniciativa de carácter mundial que ha inspirado la práctica de virtudes en todos los aspectos de vida. Reconocido por las Naciones Unidas durante el año Internacional de la Familia como un programa modelo global para “familias de culturas” sirve de catalizador para la renovación de generosidad, justicia e integridad en mas de 90 paises.

El Proyecto Virtudes continua inspirando a miles de familias, educadores, líderes, y empleados a cometer actos de generosidad y servicio, a sanar la violencia con virtudes y a crear comunidades seguras y atentas.

### **Que son virtudes?**

Tomando prestada la descripción de Sharon, una niña de cinco años, “Virtudes son lo bueno de nosotros”

Las virtudes son la esencia de lo que somos. Son el contenido de nuestro carácter y la base de una felicidad genuina.

### **¿Por qué virtudes? ¿Por que no virtudes?**

Valores pueden ser cualquier cosa que valoramos y cuidamos. Podemos valorar el hacernos ricos y famosos, podemos valorar ejercer influencia sobre los demás, pero eso no quiere decir que vamos a tener buen carácter. Los valores son específicos de la cultura porque lo que se valora en algunas familias o culturas, en otras no se valoran. Virtudes son mucho más elementales que los valores. Mientras los valores son específicos de la cultura, las virtudes son universalmente valoradas por todos.

### **¿Por qué enseñar virtudes?**

Muchos maestros y administradores han llegado a la conclusión de que al aplicar las estrategias del Proyecto Virtudes se puede transformar la cultura de la escuela la cual ayuda a crear un ambiente de cuidado y respeto.

Se ha remplazado el desánimo con empoderamiento al descubrir que palabras como “holgazán”, “retardado”, “estúpido” “inaceptable”, desmoraliza y desanima a los estudiantes.

Cuando los maestros desbordan su salón de clase con palabras alentadoras tales como excelente, servicial, trabajador, compasivo, auto disciplinado, integro y bondadoso, el buen comportamiento florece.

**¿Por que el Proyecto Virtudes ha tenido tanto éxito?**

Su éxito se atribuye a la enseñanza y aplicación de las cinco estrategias. Estas estrategias son las contribuciones principales del Proyecto Virtudes. Están basadas en las virtudes que son universalmente valoradas por todas las culturas y religiones.

**¿Cuales son las cinco estrategias y por que son importantes?**

Las cinco estrategias son:

1. Usar el lenguaje de las virtudes
2. Identificar las oportunidades de enseñar
3. Establecer límites claros
4. Honrar el espíritu
5. Ofrecer acompañamiento

Las estrategias son importantes porque nos ayudan a vivir una vida mas reverente y llena de propósito, a criar niños llenos de compasión e idealismo y crear una cultura de buen carácter en nuestras familias, escuelas y lugares de empleo.

**¿Se dará una explicación de cada estrategia?**

Si, cada estrategia será enseñada y explicada en los próximos meses. Durante el mes de octubre de 2013 se dará una explicación breve de cada estrategia.

**¿Hay virtudes mensuales?**

Si, de hecho hay virtudes semanales, que serán compartidas mensualmente. Como parte de esto, cada virtud incluirá:

1. significado, practicidad y afirmación según están descritas en las tarjeta de reflexión de virtudes
2. un proverbio cultural
3. un cuento “Broo Nansi” y / o “Island story”
4. actividades para cada una de las virtudes

**¿Como se pueden fomentar y reforzar las virtudes?**

Periódicamente, se utilizaran simples juegos y /o libros como instrumentos de enseñanzas o como recursos.

**¿Como puede ayudar?**

Se le exhorta a reunir toda la información que sea posible acerca del proyecto virtudes y asegúrese de impartir ese conocimiento en todos los aspectos de su vida, en el trabajo, escuela y hogar, además de compartir la información con todos.

**¿A quién puede contactar para información adicional?** Puede contactar a la facilitadora del Proyecto Virtudes, Arlene L. Pinney– Benjamin a [alpbenjamin@doe.vi](mailto:alpbenjamin@doe.vi) o 340-774-0100 x: 2804 en el Departamento de Educación División de Educación Cultural de las Islas Vírgenes.

# SEPTIEMBRE DE 2013

## VIRTUDES DEL MES:

### **Cuidado**

*Estoy agradecido por el don del cuidado. Me ayuda a expresar amor.*

(1 de septiembre -7 de septiembre de 2013)

### **Amor**

*Estoy agradecido por el don del amor. Es mi tesoro.*

(8 de septiembre - 14 de septiembre de 2013)

### **Bondad**

*Estoy agradecido por el don de la bondad. Aviva mi corazón.*

(15 de septiembre -- 21 de septiembre de 2013)

### **Compasión**

*Estoy agradecido por el don de la compasión. Conmueve mi corazón.*

(22 de septiembre - 28 de septiembre de 2013)

### **Apacibilidad**

*Estoy agradecido por el don de la apacibilidad. Serena mi alma.*

(29 de septiembre - 5 de octubre de 2013)

***Próximo***

**OCTUBRE DE 2013**

**VIRTUDES DEL MES:**

**Responsabilidad**

*Estoy agradecido por el don de la responsabilidad. Ayuda a realizar mi propósito.*  
(6 de octubre - 12 de octubre de 2013)

**Autodisciplina**

*Estoy agradecido por el don de la autodisciplina. Es el jardinero de mi alma.*  
(13 de octubre - 19 de octubre de 2013)

**Confiabilidad**

*Estoy agradecido por el don de la confiabilidad. Es la fuerza en mis promesas.*  
(20 de octubre - 26 de octubre de 2013)

**Excelencia**

*Estoy agradecido por el don de la excelencia. Es mi verdadera prosperidad.*  
(27 de octubre - 2 de noviembre de 2013)



# CUIDADO

**Cuidar** es dar amor y atención a las personas y cosas que son importantes para uno. Al preocuparse por las personas, usted las ayuda. Ejecuta un trabajo con mucho esmero dando el mejor esfuerzo. Usted trata a las personas y a las cosas con gentileza y con respeto. El cuidado hace del mundo un lugar mas seguro.

“ El que cuida, escucha. ”

*Paul Tillick*

## La practica del Cuidado

*... Practico el cuidado cuando...*

Demuestro atención por los demás, por mi mismo y por el mundo

Miro y escucho atentamente a las personas

Manejo las cosas cuidadosamente

Soy apacible con las personas y las cosas puestas a mi cuidado

Trato mi cuerpo con respeto

Trabajo con entusiasmo y excelencia

## Afirmación

Cuido de los demás y de mi mismo.

Me gusta dar atención. Doy lo mejor de mi en cada labor.

## Proverbio Cultural

Bathe people chil'run bu' don' wash behin' de ears

It's all right to bathe your neighbors children but don't scrub behind their ears.

## Significado

Es necesario tener cuidado, sin embargo no vaya lejos en agotar los limites.

## ISLAND STORY

Fish and Fungi (by Mrs. Nunes)

The Lamppost Man and Other Islands Stories

In Fish and Fungi, the children expressed the virtues of caring to their mom by helping her without complaining and the family shared with Mrs. Jones.

# Activities with Caring



## Activities with Care

- Brainstorm everything a class or family pet needs.
- Do a project focused on caring for the earth, such as cleaning up a neighborhood street.
- Offer help to an elderly person.
- Think of someone in your class or your family and do caring things for them for a week. Then share what changes you noticed.



## Virtues Reflection Questions

- How can you tell when others care about you?
- How do you feel when others act uncaring?
- Name three caring things you have done this week.
- Name a character from a book or story and describe what they care about most?
- Look at a newspaper or magazine and find stories about people who need care. Think of a way you and others can be of help.
- Name three ways you can care for the earth. (e.g. recycle, reuse, reduce)



## Drawing Caring

Draw a picture of the people you care about.  
Draw a picture of people caring for the earth.  
Make a "Caring" Collage.



## Poster Points

- Show that you care.
- Caring is a special way of loving.
- Yes, I care.
- Giving my best.
- Earth is our home. Let's take care of our home.



## Quotable Quotes

*"People don't care how much you know until they know how much you care."* Unknown

*"Charity begins at home."* Terence

*"Caring matters most."* Hugel

*"How shall we expect charity toward others, when we are uncharitable to ourselves?"*  
Thomas Browne

*"The care of human life and happiness, and not their destruction, is the first and only legitimate object of good government."*  
Thomas Jefferson

*"Every part of this earth is sacred to my people. Every shining pine needle, every sandy shore, every mist in the dark woods, every clearing and humming insect is holy in the memory and experience of my people."*  
Chief Seattle's letter to President of U.S.A, 1885

FISH AND FUNGI

(by Mrs. Nunes)

"Well, Joe, tomorrow is Saturday, our fish day, and I've invited Mrs. Jones to take lunch with us. I think that she'll be quite pleased with our well-balanced lunch of fish and fungi."

"Joe, won't you get up early in the morning and get the fish for us?"

"Oh, yes, Mother, I'm just glad to help you, but what kind of fish would you like?" asked Joe.

"I think Hind is very nice for boiling," said Mother.

"Carang is better," said Joe.

Finally, they agreed that Carang would be better, so Joe was given thrity cents with which to buy three pounds of Carang.

Saturday morning came and by nine o'clock three lovely Carangs lay on the kitchen table.

"Helen," said Mother, "please clean these fish for me."

"I will, Mother," said Helen, and off she ran for lime, water and a big dish pan in which to clean the fish.

She gutted them, scaled them, and washed off all the blood.

In less than ten minutes Helen returned smiling, "Mother I've cleaned and seasoned the fish, and here they are."

Mother came out. She said, "You have done a nice job and as I am busy fixing up your clothes for school next week I am going to ask Mary to boil them."



"Ah, by the way I forgot that I have to sent Joe to get some things from the shop and market for me."

"Joe," said Mother, "Come here, run to the shop and buy me one pound of cornmeal, five cents sweet oil, three cents lard and a quart pound of butter, two cents onion. On your way home buy two cents tomatoes from Sue round the corner."

Joe ran swiftly down the street and soon returned with the provisions.

Sally who was sitting lazily on the bench in the kitchen, and who liked plenty to eat said, "Mother, may I do the cooking?"

"Yes," Mother said; so Helen got up and got an iron pot and put in the fish that had been cut into six pieces in the pot, then she cut the onions and put that on the fish; next she poured in the sweet oil, butter and about a cupful of water and some salt with pieces of parsley, thyme and pepper; this she covered and allowed to simmer until her fish was boiled.

This being done she took her pot down and Mother came out to cook the fungi.

"Ah get the turnstick to stir this fungi; I like it soft and fluffy with plenty of fat," said Mother.

So Mother put on another iron pot with water, salt and lard and allowed it to boil, then she stirred in her cornmeal.

Just as Mother was tossing up her fungi in a greased bowl, in stepped Miss Lola.

"What a lovely ball of fungi," said Miss Lola. "Fish is so scarce that I am surely going to enjoy my fish and fungi."

During this time two of the girls had laid the table, so Mother started to share.

"Come children, come to eat," said Mother.

On each plate was placed a portion of fungi and a piece of fish with some of the same water into which the fish had been boiled as sauce. This sauce had the flavor of fish and onions together with butter fats and fresh lime juice.

The family sat and ate their Carang and fungi and chatted about the cost of living, and about the war.

"Well, Elizabeth I've enjoyed my lunch," at last said Miss Lola.

"You are welcome," said Mrs. Jones, "but do you see how helpful my children are becoming? Sally and Helen cleaned and cooked the fish and Joe did the marketing.

"Of course, as they can't stir the fungi without lumps as yet, I did that, but I'm sure that they'll soon be able to do that successfully."



"Yes," said Miss Lola, "I'm sorry that I haven't any because really they can be quite helpful, children are blessings."

"Goodbye Helen and Sally and Joe," said Miss Lola. "Mother is bragging about you. Continue to help her."

"Come again," said the children. "Next Saturday we are going to prepare the lunch again."

Mrs. Jones promised them another visit.

THE  
END



Pictures (Fish and Fungi):  
Courtesy of the  
Cultural Bearer: The Late Mavis Icena Samuel (Summer 2010)  
Department of Education  
Division of Virgin Islands Cultural Education

# AMOR

**Amor** es un sentimiento especial que llena el corazón. Se demuestra con una sonrisa, una palabra amable, un acto atento o un abrazo. Amor es tratar a las personas y a las cosas con cuidado y generosidad porque significan mucho para usted. El amor es contagioso. Continúa extendiéndose.

El amor es paciente; es generoso ... todo lo sufre, todo lo cree, todo lo espera, todo lo soporta.”

*LA Sagrada Biblia, 1 de Corintios, 13:7*

## La practica del Amor

*... Practico el amor cuando...*

Trato a los demás como quiero que me traten  
Digo cosas amables y cariñosas  
Comparto mis cosas y a mi mismo  
Amo a las personas como son  
Cuido las cosas que amo  
Hago lo que me gusta y me gusta lo que hago

## Afirmación

Soy una persona amorosa. Demuestro amor con actos considerados, palabras amables y afecto. Trato a los demás como quiero ser tratado.

## Proverbio Cultural

Bird sing sweet foh ‘e own nes’  
My teeth come before my family

## Significado

La caridad comienza en el hogar.

## ANANSI STORY

How Broo Nansi Got His Wasp Waist

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

Broo Nansi was lazy all year and didn’t work, so he was unable to provide his family with Christmas gifts. After he plotted to steal from his neighbors and got caught, the villagers expressed their love and shared their Christmas gifts with him and his family.



# Activities with Love



## Show and Tell

Invite students to bring in something they love. Have a "Show and Tell". Have them explain how they treat this special object lovingly.



## Virtues Reflection Questions

- What are three ways you can show love for people?
- What are three ways you can show love for animals?
- Name some things you love other than people or animals?
- What do you love to do?
- What happens when you do a task with love?
- How do you wish people treated you?
- Name three ways you treat people lovingly?



## Drawing Love

Draw a house and put in it all the people you love. It could be anyone, even someone you don't know personally, someone famous or someone in history.



## Poster Points

- Love is all that matters.
- Love lasts.
- Love is kind.
- Love is gentle.
- Love is patient.
- Love is humble.



## Quotable Quotes

*"Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it."* Rumi

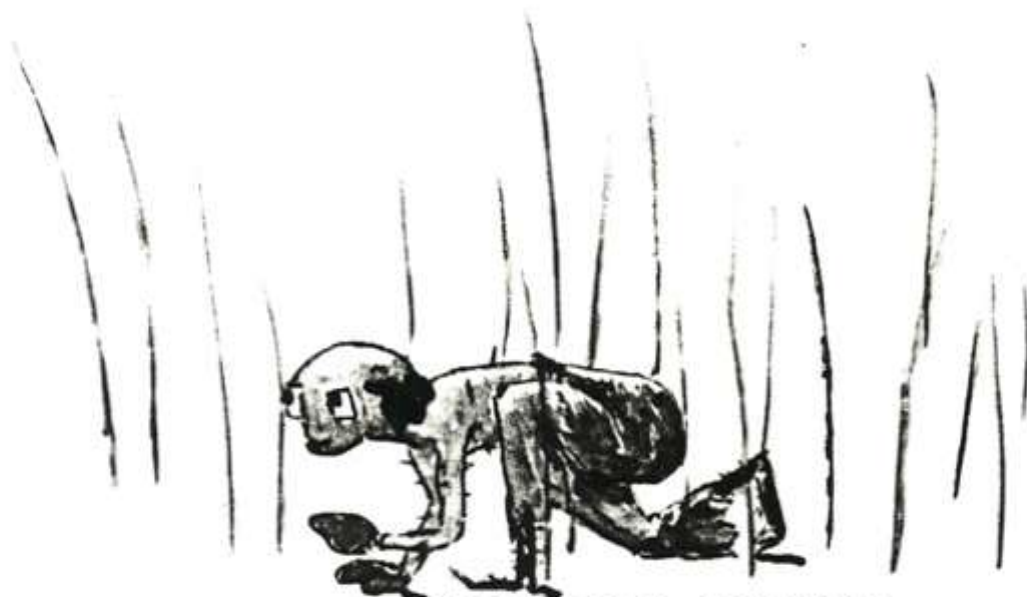
*"Love doesn't just sit there like a stone; it has to be made, like bread, remade all the time, made new."* Ursula K. Le Guin

*"Love cures people – both the ones who give it and the ones who receive it."* Karl Menninger

*"Spread love everywhere you go, first in your own house."* Mother Teresa

*"Only love enables humanity to grow, because love engenders life and it is the only form of energy that lasts forever."* Michel Quoist

*"Love is the only force capable of transforming an enemy into a friend."* Martin Luther King



## **HOW BROO NANSI GOT HIS WASP WAIST**

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It was Christmas time in the village where Broo Nansi and his family lived. All the villagers were busily preparing for the festive day. Beautiful decorations hung from every house and wonderful smells filled the air as the village women prepared sweetbread, ginger beer, sorrel beer, guavaberry wine and fruitcake – all the delicacies associated with the Season of Good Will.

The carolers went from house to house in the evening singing all the old favorite carols. After each rendition, people would invite them indoors and treat them to cake and drink. The whole village was happy. Children shopped for presents and younger children hung their socks in front of keyholes in expectation of a visit from Father Christmas. Inkberry trees, neatly cut and shaped were decorated with colored balls and berries and some families even had colored electric lights on theirs.

In one household, however, there were no preparations for Christmas. No delicious smells came from the kitchen and no decorations hung in the windows. Broo Nansi, having been idle all year, in his customary fashion, was unable to provide any kind of festivity for his family. His wife, Aso, complained:

“Oh, Broo Nansi! If only you had worked at a job juring the year instead of loafing around and sponging off our neighbors, you would be able to at least get the children a few presents for Christmas.”



Broo Nansi hung his head in shame. There wasn't too much he could say. He knew Aso was right. It was his fault that they had no Christmas. Finally, unable to listen to anymore of Aso's complaining, Broo Nansi went for a walk. As he walked, he thought to himself:

"I have certainly let my family down. Oh, if only I were not so lazy! Here it is Christmas, and Aso has nothing to cook for the children. Not even a scrawny chicken!" Broo Nansi wracked his brain for some scheme whereby he could get some money and so give his family a pleasant Christmas. But his musings did not lead him to think of work. He wanted something easy; something that would not entail actual physical labor. The days passed and Christmas Day grew nearer and still he had not thought of anything. At last, it was Christmas Eve. Aso and the children watched each other sadly. They were going to have no Christmas!

Broo Nansi finally thought of a way to get the things he wanted for Christmas. He would wait until midnight and then enter one of the houses and steal some Christmas goodies. Now, he knew of course that this was wrong and that it was even more wrong at Christmas time, but that did not bother him. At midnight, when his next door neighbors had gone to bed, Broo Nansi crept silently to the door. He had heard that Father Christmas crawled through the keyhole to leave presents for the children. He reasoned that if Father Christmas could go through the keyhole, he could too! Since he was very thin he had no trouble inserting his head and shoulders through the keyhole but his buttocks would not pass. He tried to go forward - he could not! He tried to go backward - he could not! He was stuck! For the rest of the night Broo Nansi struggled, but he was held fast by his middle.

Christmas morning finally dawned. All the neighbors came out to wish each other a "Merry Christmas." Imagine the surprise of the children in Broo Nansi's neighbor's house when they awakened and saw Broo Nansi's head sticking out of the keyhole into their living room. They called their parents who came hurrying out in amazement. Then the whole family trooped outside to see the other half of Broo Nansi waving on the other side of the door! What an outcry they made! All the neighbors came running to see so funny a sight! When they had laughed their fill, they finally pulled Broo Nansi through. However, although he was unharmed from his experience, his waist was pinched in from being stuck in the keyhole. Since it was Christmas, and the neighbors really liked Aso and her children, they gave Broo Nansi guavaberry wine, sweetbread and other goodies to take home to his family. Father Christmas, too, feeling sorry for the children had left presents at their house even though they had hung up no stockings.

As for Broo Nansi, he was very embarrassed indeed and even after the villagers forgot the incident, he was forever reminded of his greed and his laziness by his "wasp waist," and to this day he carries this mark.

# Bondad

***Bondad*** es demostrar preocupación, es hacer el bien para mejorar la vida de los demás. Es estar atento a las necesidades de las personas. Demostrar amor y compasión por alguien que esta triste o necesita ayuda. Cuando usted esta tentado a ser cruel, a criticar o a burlar, decide ser bondadoso.

Se una expresión viva de la bondad de Dios; bondad en tu rostro,  
bondad en tus ojos, bondad en tu sonrisa ...”

*Madre Teresa*

## La practica de la Bondad

*... Practico la bondad cuando...*

Doy atención tierna a los que necesitan ayuda  
Hago cosas consideradas para darle felicidad a los demás  
Practico hábitos que ayudan al medio ambiente  
Resisto la tentación de ser cruel  
Acepto a las personas que son diferentes

## Afirmación

Soy bondadoso. Demuestro compasión por los demás. Tengo el valor de demostrar que me preocupo.

## Proverbio Cultural

Beat Yoh Chile An' Hide Yoh Han'  
Lak yoh door an' beat yoh chile.

## Significado

No deje que su mano izquierda sepa lo que hace la derecha.

Comer a solas; Hambriento a solas.

Bocado consumido no tiene amigos.

Comparta cuando tiene. De modo que pueda tomar parte en la repartición cuando este necesitado.

## ISLAND STORY

Share and Share Alike by Ruth Moolenaar  
(The Lamppost Man and other island stories)

In Share and Share Alike,  
the community show their kindness by helping a family in Bonne Esperance.



# Activities with Kindness



## Environmental Kindness

Choose an improvement project such as picking up trash and do it as a field trip.



## Virtues Reflection Questions

- What do most people do when they see someone with a disability or who looks different?
- How does it feel to be ignored, teased, etc.?
- What would be a kind way to treat someone who is disabled?
- Name three ways we can be kind to animals.
- Think of someone who needs your kindness today. What can you do to be kind?
- What would you say or do if someone is not being kind to you?
- How have you shown kindness to people or animals?



## Drawing Kindness

Draw a picture of yourself being kind to a person or an animal.

Make a poster with examples of Recycling, Reusing, Reducing, e.g. Reducing: just turning off the tap while we brush our teeth can save lots of water.



## Poster Points

- Kind eyes.
- Kind smile.
- Kind words.
- Kind deeds.
- Be Kind to Mankind.



## Quotable Quotes

*"When you plant a lettuce, if it does not grow well, you don't blame the lettuce. You look for reasons it is not doing well. It may need fertilizer or more water or less sun. You never blame the lettuce. Yet if we have problems with our friends or family, we blame the other person. But if we know how to take care of them, they will grow well, like the lettuce."*  
Thich Nhat Hanh

*"That best portion of a good man's life  
His little, nameless, unremembered acts  
of kindness and of love."* W.W. Wordsworth

*"The last, best fruit which comes to perfection, even in the kindest soul, is tenderness toward the hard, forbearance toward the unforbearing, warmth of heart toward the cold..."* Richter

*"Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness; kindness in your face, kindness in your eyes, kindness in your smile, kindness in your warm greeting."* Mother Teresa

*"There is a grace of kind listening as well as a grace of kind speaking."* Anonymous

*"If someone listens or stretches out a hand, or whispers a kind word of encouragement, or attempts to understand a lonely person, extraordinary things begin to happen."*  
Loretta Girzatis





# Share and Share Alike

by Ruth Moolenaar

An estate is a large plantation with lots of wide open space for romping, climbing trees and hunting lizards between big cracked rocks. To live on an estate was enough to make any boy or girl ecstatically happy.







Linda lived on Bonne Resolution with her parents and six brothers. Quite a large family, but who cares, especially when there is always someone around to help with any problem a girl of six may have. Linda was loved by her brothers and parents. For example, Alvin who was ten years old loved to climb the tallest ginep trees on the estate but Linda loved it best when he climbed the shady ginep tree and got her bunches of the fruit from the crown of the tree. These were always sweetest for they were kissed directly by the sun.

In mango season, summer and early fall, Allen, her second brother, was the only one allowed to climb the mango trees simply because these mangoes were very special. They were the source of money - lots and lots of money. Each Friday afternoon after school something special happened at Estate Bonne Resolution. The entire family joined in this excitement. Today being Friday, Linda waited for her brothers





to come home from Solomon School. She was counting the wooden boxes called "dung" boxes that were used to store the mangoes in. She counted aloud, "one, two, three, four, five, six, seven, eight, nine, ten".

Mother listened proudly then said to her "Linda, soon you will be ready for school. You know to count so well and you have turned six now". "Thank you Mama" she replied, "will I be going to Solomon School too?"

"Yes dear", replied Mama, "the schools in town are much too far for walking. Your brothers will take very good care of you at Solomon School".



Again Linda felt warm inside from the sheltered loving life she had; then a thought struck her and she asked, "Mama, who was Solomon? Why is the school called Solomon? Where did he get the school?"

"Not so fast young lady", said mother" one question at a time. Let me see if I can answer these questions you threw at me".

"Many years ago a group of church people came to St. Thomas. They were called Moravian Missionaries because they taught people about God and about the Moravian church. The Missionaries noticed that the people did not know to read and write so they set about teaching them. They established schools one at Nisky where Uncle Jimmy lives, one at New Hernhutt where we go to "love feasts" and one at Bonne Resolution where we live. One of the people they taught was a young man named Solomon who was very smart and since the missionaries had to travel far distances to meet other people, Solomon volunteered to teach at Bonne Resolution. He was the first teacher there and so the school was called Solomon School, a name which continued for many many years".

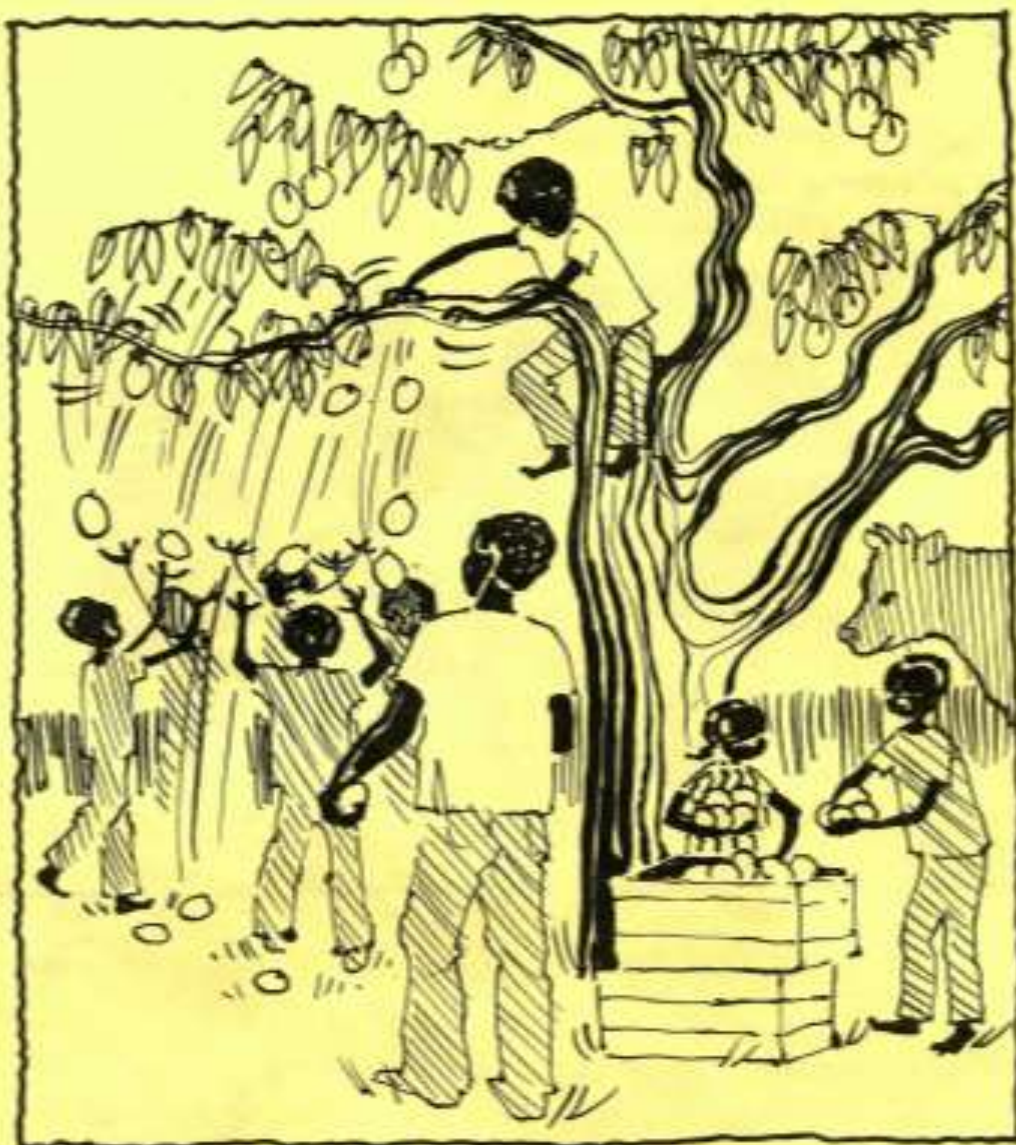






While nestled in Mother's lap listening to her reply Linda heard the boys entering the yard playing on their harmonicas. School was over for the week and this was a long weekend since Monday was a holiday. Surely this was good reason to play on their harmonicas or even guitar for that matter. Papa yelled from below where he was tending his vegetables and told the boys to bring the boxes and to help him. Eagerly the boys, with Linda and the lead, ran down the path from the house. Down, down the slope they traveled and finally into the large level piece of land that father had cultivated and had raised pigeon peas, bananas, okras, sweet potatoes, papayas, mangoes.





Having reached the bottom, father assigned Allen to start climbing the mango trees and pick the ripe or nearly ripe ones. Every one stood beneath the tree ready to catch the falling fruit but today there were so many to be picked that Papa told Allen to shake the branches. Then the mangoes fell like rain on the soft earth. When the ground was covered with a blanket of green and yellow fruits the family started picking them up and filling bags, boxes and the baskets. The cows, grazing nearby, smelled the ripe fruit and came over for their share. Linda and Jimmy, her young brother, had trouble shooing them away.



On Saturday, Papa would take the fruit to town on the donkeys - all six donkeys.

People of St. Thomas love mangoes, but those of Bonne Resolution were special - There were "Kidney" mangoes, "pineapple" mangoes, "cow-tongue" mangoes and, yes, "honey" mangoes.

That night every one slept well and awoke in the wee hours of Saturday morning to help Papa get the donkeys ready for market. Long before the sun was up Papa and the boys were well on their way to town. They looked like the pioneers of early America, a train of donkeys being led by every member of the family, Papa in front, Allen on the left side of the donkey, third in line, Mama and Linda on the right side of the fourth donkey and Alvin and Jimmy bringing up the rear of the strange procession. And as early as it was, people stopped them to buy their delicious juicy fruits.



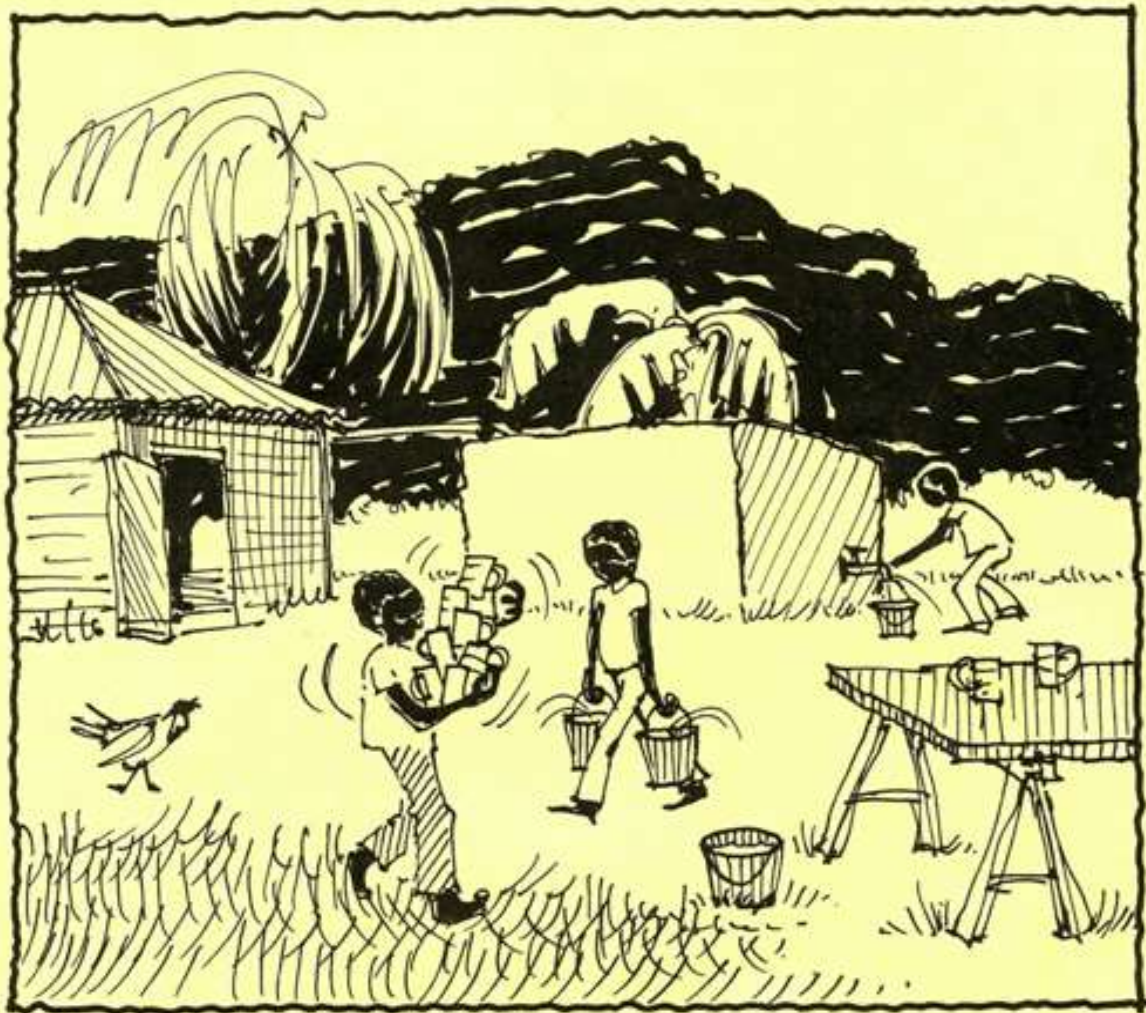


The market place was crowded with early shoppers, yet as Papa got there folks rushed over to buy of his prized commodity. He was a favorite in the market place. Soon they were all gone but Papa's money bag and his pockets were filled. He was so happy for today he could get a truck for hire and move the lumber he needed for his new house. He had dreamed of the day when he could build a larger house for his growing family. He had almost everything he needed but would not start building until he had all that was necessary. This was Papa!



He did just as he planned and now he was buying groceries. The boys noticed that Papa bought more than usual - seemed he would empty Mr. Willy's store, but no one questioned. Children were seen and not heard. Children did not question an adult.





On Monday morning, the day of the holiday, both Mama and Papa were up very early. Mama was doing a lot of cooking, more than usual. Papa was getting tools, paints, brushes, nails, work benches. The boys joined in by fetching water and drinking cups which were made from cans with a handle attached. Tin smiths made these.



Soon the estate seemed filled with people - strange faces and familiar faces. Then Alan whispered to his brothers that the men had come to help Papa start the new house just like Papa had gone several times before to help other families. In those days families and friends loved to help others work on their houses. Carpenters, masons, laborers loved to help a friend in need. After a few moments everything was like a whirlwind - hammers banged - saws buzzed - axes chopped. There was laughter, there was whirling and singing. Delicious smells came from Mama's kitchen where she and the other women prepared meals for the whole crew, stewed goat, codfish, fresh pork, plantains were all included in two meals. Children played and laughed and some cried. Linda was so excited to see so many people around she just couldn't control her excitement. She showed some of the little girls how to make dolls from mango seeds the way Mama had shown her.

Some of the women walked around the estate gathering plants, flowers or fruits and vegetables to take home. They knew they were welcome to have some. This was the way people lived then. Sharing was a way of life. People helped each other - Country people were glad to share their harvest with city relations and friends, while city people shared their skill and labor. Building a house was a

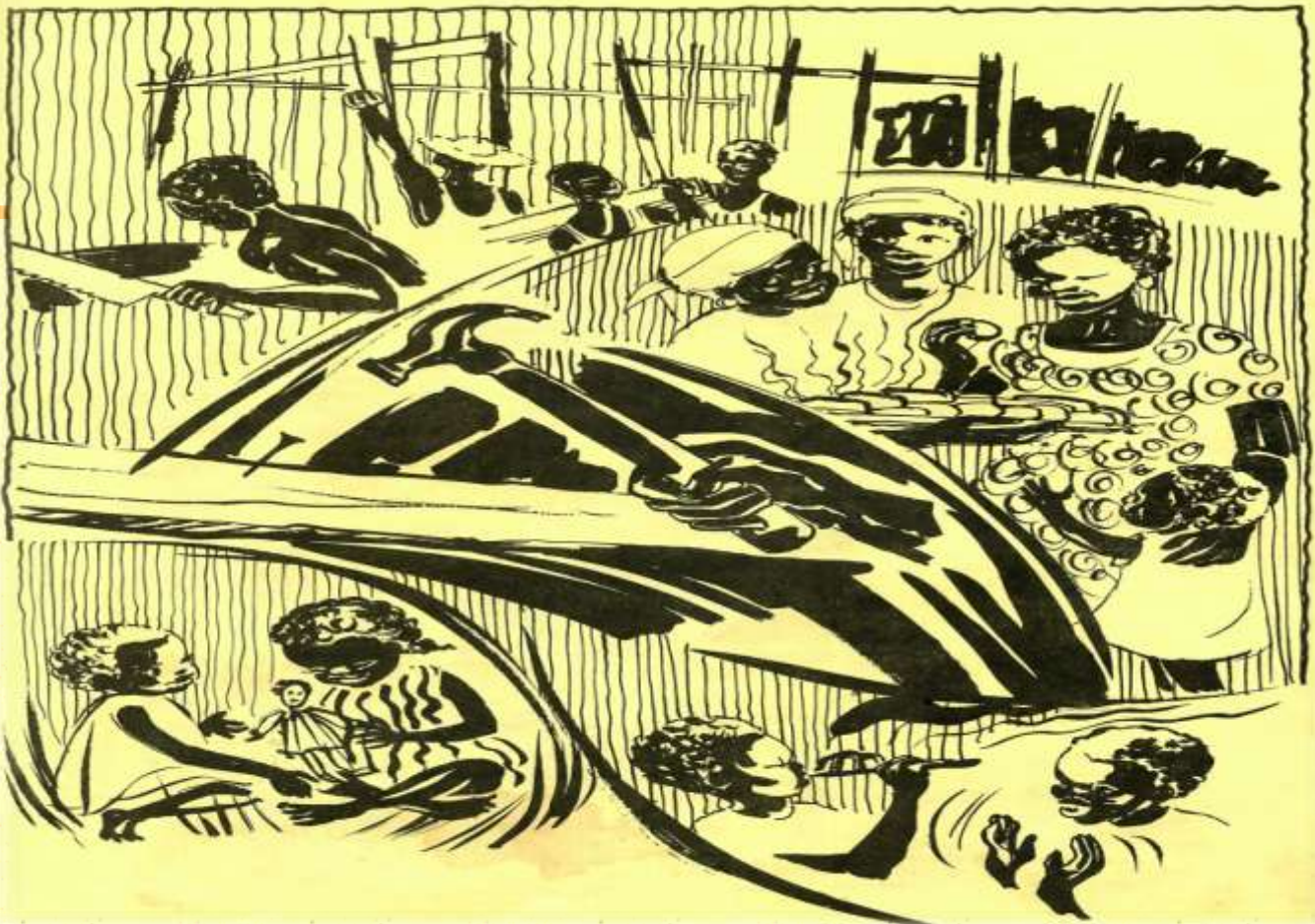


community project and a social affair. The children watched and listened and learned this way of life. But back to the house. By nightfall the house had taken shape; sides, doors and windows were there and the roof was raised. A small red flag was hoisted on the roof - This called for





celebration. The men drank and toasted while the women cheered them on. Next weekend they would return to complete the house and in the future there would be the "christening". Everyone loved Bonne Resolution but there were other estates and other houses to be built. The same gathering would take place and there would be the same sharing, helping, and cooperation. Those were good days.





# COMPASIÓN

**Compasión** es comprensión y solidaridad cuando alguien esta lastimado o perturbado, aun sin conocer a la persona. Es querer ayudar , aun cuando lo que pueda hacer es escuchar y decir palabras amables. Usted perdona los errores. Usted es un amigo cuando alguien lo necesita.

“Si usted quiere que otros sean felices, practique la compasión. Si usted quiere ser feliz, practique la compasión.”

*Dalai Lama*

## La practica de la Compasión

*... Practico la compasión cuando...*

Noto que alguien esta lastimado o necesita un amigo  
Me imagino como se debe sentir  
Tomo tiempo para mostrar que me preocupo  
Pregunto como está y escucho pacientemente  
Le perdono a otros sus errores  
Le soy útil a una persona o animal necesitado

## Afirmación

Tengo compasión. Noto cuando alguien esta lastimado o necesita mi ayuda. Tomo tiempo para demostrar que me preocupo.

## Proverbio cultural

Cuss de dag but she ‘e tee’ white

## Significado

Reconozca el bien en todo el mundo.

## ANANSI STORY

Tig and the Soukouya or the Louparou

(Broo Nansi - - A Selection of Anasi Stories Collected by Dr. Lezmore E. Emanuel)

The villagers were experiencing a problem. After several unsuccessful remedies, they finally went to Compere Tig. Although he should have been their first and only stop, he exercised compassion and helped.

# Activities with Compassion



## Service Project

- As a group, think of a way to serve people in your community who may be lonely or need some help.
- Look up newspaper articles that show people in need. Decide on a project you can do to help.
- Write a letter to someone who is sick at home



## Virtues Reflection Questions

- What does compassion feel like inside?
- When have you felt compassionate towards someone you didn't know?
- What does it feel like to be lonely?
- Name three ways you can help a new student to feel less lonely?
- What would you do to be helpful and show compassion if your parent were in hospital?



## Drawing Compassion

Draw a picture of a compassionate person helping a person or animal in trouble.



## Poster Points

- My heart is full of compassion.
- Do for others what you would have them do for you.
- I care.



## Quotable Quotes

*"If your compassion does not include yourself, it is incomplete."* Jack Kornfield

*"Walk a mile in my shoes."* Song

*"To 'listen' another's soul into a condition of disclosure and discovery may be almost the greatest service that any human being ever performed for another."* Douglas Steen

*"...no man can live for himself alone."*  
Ross Parmenter

*"[Man] is immortal...because he has a soul, a spirit capable of compassion and sacrifice and endurance."* William Faulkner

*"The individual is capable of both great compassion and great indifference. He has it within his means to nourish the former and outgrow the latter."* Norman Cousins

*"Don't do unto others as you would have them do unto you. They may have different tastes."*  
George Bernard Shaw

*"Let no one ever come to you without leaving better and happier."* Mother Teresa



## TIG AND THE SOUKOUYA OR THE LOUPGAROU\*

In the village where Compere Zayeh and Compere Tig\*\* lived, there lived also an old man who was said to be a loupgarou. On certain nights he would slip out of his skin, roll it up tightly into a ball, and hide it in a corner. Then he would go out and terrorize the villagers, sucking their blood and leaving huge sucker-like marks on their bodies. The villagers went to the priest and asked him to pray for them. The priest refused because he did not believe in loupgarous. But he woke up one morning with a huge sucker mark on his leg and a painful sensation around the area and became an instant believer. He tried praying, but his prayers had no effect on a creature that was composed of part African tradition and part European tradition. The people said that the African part was too strong. So they went to Compere Tig who was known to be versed in these matters.

Compere Tig told them "You should have come to me in the first place, and I would have told you what to do."

"Tell us now, Compere. This loupgarou is driving us crazy."

"Well, the thing to do with a loupgarou is to find out where he hides his skin when he goes flying at night. When we find that we will fix him."

The very next night the conditions were right for flying. The old man took off his skin as was his custom, rolled it tightly, and hid it in the corner. He went on his rounds. A little later, Tig and one or two of the more courageous villagers went to the



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\*Werewolf

\*\*The Grenadian name for Broo Tukuma

old man's house. The people had an idea that he was the loup-garou, and when he hadn't gone with them to consult either the priest or Compere Tig they were sure. So they went to his house and searched thoroughly. Sure enough, they found the rolled-up skin. Tig took it, opened it carefully, and producing a bottle of pounded salt, proceeded to salt it down properly. Then he rolled it up and put it back in place. They had finished just in time. No sooner than the skin was back in place than they heard the old man approaching. They hid themselves as he came inside. He picked up his skin and put it on. Well, sir, you never heard such a ritteraring and a commess as went on when that salt started to burn him. He threw down the skin and went running through the village screeching and screaming at the top of his voice. The dogs all chased him and they could be heard howling all through the night. The old man never came back to the village, and they buried his skin under a silk-cotton tree. But if you ever hear the dogs howling at night, be careful, it might be the loup-garou looking for his skin!

An Anansi Story from Grenada



# APACIBILIDAD

***Apacibilidad*** se mueve sabiamente, toca suavemente, sostiene cuidadosamente, habla silenciosamente y piensa amablemente. Usted utiliza el autodomínio cuando se siente enojado o herido. Habla de manera pacífica, en vez de hacerle daño a alguien. Usted esta hace del mundo un lugar mas apacible y seguro.

“La disciplina del guerrero espiritual es la apacibilidad. Afirmando apacibilidad en todas las esferas de la vida, no violencia y paz son alcanzadas.

*Radha Sahar*

## **La practica de la Apacibilidad**

*... Practico la apacibilidad cuando...*

Hago los alrededores seguros para los demas  
Manejo todo con cuidado  
Hablo con voz amable  
Expreso mis sentimientos pacíficamente  
Soy apacible conmigo mismo  
Creo tiempo para la actividad apacible

## **Afirmacion**

Soy apacible. Pienso, hablo y actuo con apacibilidad. Demuestro que cuido de las personas y de todas las cosas.

## **Proverbio Cultural**

Do-So Noh like-so

## **Significado**

Trata a los demas de la manera que te gustaría que te trataran a ti.

## **ANANSI STORY**

The Beautiful Girl and the Jigger Man Foot

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

Although at first the beautiful girl was proud, when she was faced with death,  
she exercised the virtue of gentleness and  
helped the Jigger Man Foot who she scorned before.

# Activities with Gentleness



## Activities with Gentleness

- Bring a small animal into class and have students take turns holding it gently.
- Invite students to write or tell a story about a bully who learns to be gentle.
- Take a few quiet moments, to stroke the back of your hand with your fingertips very, very gently, as if you were stroking a kitten. Then reverse and stroke the other hand. Notice how gentle you feel now.



## Virtues Reflection Questions

- When is it most important to be gentle with people?
- How does it feel when someone is rough or unkind to you?
- How does it feel to be rough and unkind?
- Name three things you need to remember if you are going to handle something delicate?
- What do you need to remember when you pick up a baby?
- What other virtues can help you to be gentle?
- How would you keep your gentleness if you felt annoyed when someone bumped into you?
- How could you tell your friend something that isn't pleasant for him to hear? (e.g., he needs a bath, she is coming over to your house too often, you feel like being with someone else for a while.)



## Drawing Gentleness

Draw a picture of some baby animals that need lots of gentleness.



## Poster Points

- *Easy does it.*
- *Gentle as a dove.*
- *Soft as a feather.*
- *Taking care.*
- *A light touch.*



## Quotable Quotes

*"Use a sweet tongue, courtesy, and gentleness, and thou mayest manage to guide an elephant by a hair."* Sa'di

*"I want a kinder, gentler nation."* George Bush

*"The great of earth, how softly do they live."*  
Ruth Tenney

*"There is certainly something in angling...that tends to produce a gentleness of spirit, and a pure serenity of mind."*  
Washington Irving (referring to fishing)

*"The gentle mind by gentle deeds is known."*  
Edmund Spenser

*"The quality of mercy is not strained,  
It droppeth even as the gentle rain from heaven  
Upon the place beneath: it is twice blessed; It  
blesseth him that gives and him that takes."*  
William Shakespeare (The Merchant of Venice)



## THE BEAUTIFUL GIRL AND THE JIGGER FOOT MAN

Tim! Tim! Bapa Bel Come! One time there was a very beautiful girl who was as proud as she was beautiful. She refused to marry any of the local young men who asked her hand in marriage. She insisted that she only marry a man dressed in golden clothes and riding on a golden horse.

One day as she was taking a walk, she came upon a man riding on an old sway-backed donkey. The man's feet were covered with jiggers.

"Pretty girl, will you marry me?" he asked.

"Me? Marry a jigger-foot man? You must be crazy! I will only marry a man dressed in golden clothes and riding on a golden horse." She tossed her head and continued on her way. A little further on she met to her delight and surprise a man dressed in golden clothes and riding a golden horse!

"Pretty girl, will you marry me?" he asked.

"Of course I will marry you!" she replied eagerly. "All my life I have been waiting for a man such as you to come along." So they were married in the biggest wedding the village had ever seen. He took her to live in his beautiful house where she found his first wife. This woman had been very beautiful once but now her face was stained with tears and her eyes forlorn with sorrow. The man left them together and went out to invite some friends to dinner. As soon as he was out of sight, the first wife said to the beautiful girl:

"He really is the Devil. You must hurry away from here. He plans to kill and eat you!" She gave the girl some corn to feed the cock that was in the yard.

"When that cock crows, he will return. He must not find you here!" The girl fed the cock and hurried as fast as she could to her mother's house. There she told the whole story.

Soon, the cock finished eating the corn and crowed. The Devil returned to find her gone. He took his golden horse and rode to her mother's house to get her. After he took her to his house a second time, he asked her why she had run away when he had gone to invite guests to the wedding feast. He made her promise to remain at home and again went out. This time the first wife gave her some oats to give the golden horse. "When the horse neighs, he will return, and he must not find you here."

Again, the girl hurried home. The horse soon neighed and the golden man returned home to find only his first wife waiting for him. This time when he rode to fetch the girl home again, she resisted: "I don't want to go, mother, I don't want to go."

Her mother replied with a sad sigh: "He is your husband. You must go."

So one more time she returned to the house of the man in the golden clothes. Again, he left to invite some friends to the wedding feast and again the first wife said to the girl: "Take this and give it to the dog. As soon as the dog barks he will return and this time he will surely kill you and eat you!"

So saying, the first wife handed the girl a bowl of water which she gave to the dog. This time she did not go home but went wandering sadly along the seashore. As she wondered what must be her fate, who should come riding along on his sway-backed donkey but the Jigger Foot Man!

"Save me, save me," the girl cried, "the Devil wants to kill and eat me."

"I will save you on one condition," replied the Jigger Foot Man.

"What's that?" inquired the girl.

"I will save you on the condition that you clean all the jiggers from my feet and that you marry me.

"Oh, I will! I will!" shouted the girl and falling to her knees proceeded to remove the jiggers from the man's feet. He then put the girl into a boat and took her across the sea.

When the Devil arrived home and found the girl gone, he began to suspect that it was his first wife who had been helping her to escape. He made her tell him where the beautiful girl had gone. He crossed the sea on his golden horse and came to the house where the Jigger Foot Man and the girl lived. He told the man that he had come for the girl. They invited him inside and had him sit down over a trap door.

"Make yourself comfortable," the Jigger Foot Man said. "The girl is getting ready."

What the Devil didn't know was that right below the trap door they were heating up a huge copper kettle of water. He kept asking if they were ready and they kept saying "no."

Finally, the man sang out, "We are ready!" The Devil stood up and released the trap door spring and down he plunged into the boiling water. I am afraid that he was boiled alive. As for the girl, she lived with the Jigger Foot Man and devoted her life to keeping his feet free from jiggers. And me? I went there and you know they were eating crow and did not give me any. That is why I have come to tell you this story.







*Building Our Future Through  
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## Dándole vida a las Virtudes

*Una iniciativa del Proyecto Virtudes,  
Consejo de Niños y Familias del Gobernador  
coordinado por la Fundación de la Comunidad  
de las Islas Vírgenes,*

*y*

*El Departamento de Educación  
División de Educación Cultural de las Islas Vírgenes*

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