



# MAY 2017 VIRTUES



THE VIRGIN ISLANDS DEPARTMENT OF  
**EDUCATION**



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



## Bringing Virtues to Life

Compliments of:

Virgin Islands Department of Education  
Division of Virgin Islands Cultural Education

## ***Learning More About the Virtues Project***

**What is The Virtues Project?** The Virtues Project was founded in 1991 by Linda Kavelin Popov, Dr. Dan Popov, and the late John Kaveline. It is a global grass roots initiative to inspire the practice of virtues in all aspects of life; it has inspired and mobilized many thousands of families, educators, leaders, and employees to commit acts of service and generosity, to heal violence with virtues, and to create safe and caring communities.

**What's the difference between virtues and values?** Values are what we value and care about. They could be anything. We may value getting rich and famous, we may value power over others, but that doesn't mean we will have good character. Values are culture-specific because what some families or cultures value, others don't. Virtues are much more elemental than values. While values are culturespecific, virtues are universally valued to all cultures. Virtues are the essence of who we are; it's what's good about us. It's our inner quality of character, which sometimes is there waiting to be awakened. They are the content of our character and the basis of genuine happiness.

**Why teach virtues?** Many teachers and administrators are finding that applying the strategies of The Virtues Project is transforming the culture in their schools by helping them to create a total environment of caring and respect. They have replaced discouragement with empowerment, having discovered that words such as "lazy" "retarded" "stupid" "unacceptable" were literally demoralizing and discourage-ing their students. When they filled their classrooms with encouraging words, such as "helpful", "excellent", "compassionate", self-disciplined", "integrity", and "kind", they found that these behaviors flourished.

**How are the virtues taught?** The virtues are taught through the Five Strategies, the signature contribution of The Virtues Project. These strategies are important because they help us to live more reverent, purposeful lives, to raise children of compassion and idealism, and create a culture of character in our families, schools, and workplaces. Each strategy has been, is being or will be explained in the upcoming months:

- \* Speak the Language of Virtues
- \* Recognize Teachable Moments
- \* Set Clear Boundaries
- \* Honor the Spirit
- Offer Companionship

**What is Set Clear Boundaries?** Setting clear boundaries is based on restorative justice. If there is a conflict in the classroom, workplace, and/or at home, the procedures on the adjacent page should be followed, for example all involved must want and be willing to partake in the restoration process (The Process of Restorative Justice). Each person should be given an opportunity to say what happened (Four steps to Restorative Justice). Based on what each said happened, resolving the conflict continues (Peace Talk Steps). The final steps, which is put in place to avoid reoccurrence, is setting rules (Effective Ground Rules). This process will govern how each will proceed in the restorative relationship.

### The Process of Restorative Justice

\*\*\* *All involved must be willing to partake in the restoration process*

In the ideal process of restorative justice, individuals:

- \* Take *responsibility* for what they do in order to ...
- \* Make *restitution*, which results in ...
- \* *Reconciliation*, which is to make friends again, which ...
- \* *Restores* the relationship and restores the offender to the community.

In this strategy, true forgiveness is first and foremost. In addition, justice requires there be some amends, an action or gesture to fix the problem, with the offender taking responsibility instead of merely being punished. In the ideal situation there is also reconciliation, restoring of friendship, and contentment on all sides with the outcomes. There are four steps to restorative justice.

### Four Steps to Restorative Justice

\*\*\* *The victim(s) and the offender(s) are given an opportunity to say what happened without interruption.*

1. Ask all involved what happened. Use how and what questions, NOT why.
2. Ask what virtues was missing to create the conflict.
3. Ask what it would look like if they had using the missing virtue.
4. Ask how they can make an amends.

### Use Peace Talks in Your Home and Workplace to Resolving Conflict Peace Talk Steps

- \* Take turns *Truthfully* telling your experience of what happened.
- \* Listen *Respectfully* to the other person's point of view.
- \* Share how you *Honestly* felt.
- \* *Creatively* find a virtue you each need.
- Use *Justice* and *Forgiveness* to decide how to do it differently next time.  
Congratulations! You have solved a problem *Peacefully*!

### Ten Guidelines for Effective Ground Rules

\*\*\* *The final steps, (Ten Guidelines for Effective Ground Rules), is put in place to avoid re-occurrence. This process will govern how each will proceed in a positive restorative relationship in the future.*

1. *Be moderate*: Only have 4 or 5 rules
2. *Be specific*: Focus on the behaviors specific to your situation.
3. *Be positive*: Base rules on virtues and word them positively when you can.
4. *Establish specific, relevant consequences for bottom line behaviors.*
5. *Make consequences Educative, NOT Punitive*: Give an opportunity to make reparation.
6. *Be Consistent*: Be trustworthy—keep your boundaries.
7. *Communicate Rules Clearly*: Use visuals. Humor helps.
8. *Be sure everyone understand the virtues involved when receiving consequences.*
9. *Make Ground Rules Non-Negotiable*: Be sure that you can live with the rules and then keep them.
10. *Be Assertive*: Make your expectations clear.

**What is Honor the Spirit?** Honoring the spirit is sustaining our vision and purpose by integrating virtues into our activities, surroundings, celebrations, and the arts. We have a daily routine of reverence to pray, reflect, and serve. It is something that gives you the energy and strength to stay focus and to push forward. Honoring the spirit is doing something that is stress free and gives you the added energy and drive to refocus and stay focused to your commitments at home, work, church, community, etc. It can be done through the day; for example, it can be done before your day starts in the quietness of the day before dawn, during your lunch time, or at bedtime.

### *The A.R.T. of Boundaries*

Assertiveness

Do what is right for you!

Respect

Be deeply present without

Advising

Interrupting

Criticizing

Teasing

Trust

Be worthy of trust

What we say here, stays here!

### *Ways to Honor the Spirit*

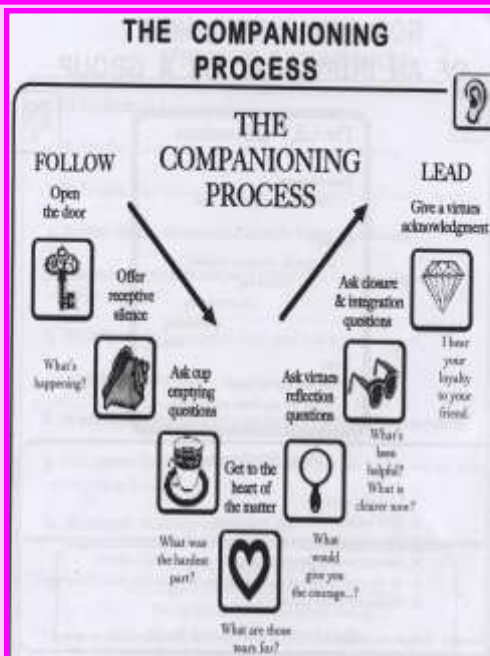
- |                                    |  |
|------------------------------------|--|
| • Virtues Sharing Circles          | * Celebrations                               |
| • Traditions                       | * Reflective Time                            |
| • Moments in Nature                | * Service Learning                           |
| • The Arts                         | * Virtues Picks                              |
| • Listening to your favorite music | * Attending your child's sporting activities |

**What is Offer Companionship?** Offer Companionship supports healing and growth. How well do you listen to others, to yourself about what really needs to be heard? It is being deeply present and listening with compassionate curiosity that guides others to find clarity and to create their own solutions.

Offer Companionship involves using the virtues of compassion and detachment. While compassion is understanding and caring when someone is hurt or troubled, even if you don't know them, detachment is experiencing your feelings without allowing your feelings to control you. It is wanting to help, even if all you can do is listen and say kind words. You forgive mistakes. You are a friend when someone needs a friend. Instead of just reacting, with detachment you are free to choose how you will act. You use thinking and feeling together, so you can make smart choices.

The concept of offer companionship will be two-fold. An introduction will be given this month and an example (problem / concern) of the companionship process will be provided next month.





**This is a communication skill that:**

- Requires deep listening
- Is most effective when we don't have an "agenda"
- Is meant to support and empower, not fix or rescue
- Primarily consists of silence and open-ended questions
- Requires trust in the other's process

**Open the Door ...** with open-ended questions:

What's happening?  
What is it?  
What are those tears?

**Offer Receptive Silence:**

Give them the space to speak fully, to tell the whole story.  
Be fully present with deep concentration and compassionate curiosity.

Shield yourself with detachment, so you can walk intimately with them without taking on their feelings.

**Ask Cup-Emptying Questions:**

Follow their lead and ask questions that allow them to empty their cup and get to the heart of the matter.

Use what and how questions, NOT why or which.

How was that for you? Take your cues

from their words: For example,

Speaker: I'm really worried.

Listener: What worries you?

Speaker: I'm just not sure.

Listener: Either remain silent or ask, What are you unsure of?

**Focus on Sensory Clues:**

Concentrate on and even repeat words they use that involve seeing, hearing, feeling, sensing.

Speaker: It was the most beautiful sunset I ever saw.

Listener: Beautiful ...

Listener: (Speaker's eyes well up with tears) What are the tears for?

Speaker is yelling, This place is so stupid!

Listener: (Match their volume.) What's stupid about this place?

Listener (Speaker is crying): What are those tears?

**Ask Virtues Reflection Questions:**

When they seem to have gotten to the heart of the matter or the core issue, ask a question that helps to reflect on a virtue that will help them. About something that is frightening,

What would give you the courage to ... ? Or What would give you peace about this?

**Ask Closure and Integration Questions:**

What was helpful about talking?

What's clearer to you now?

What did you appreciate about this meeting?

**Give a Virtues Acknowledgement:**

This is an essential step in restoring the speaker even if your companioning was brief and did not include all these steps.

I appreciate your openness to explore this.

**Who can be contacted for additional information?**

Feel free to contact the Division of Virgin Islands Cultural Education at 340-774-0100 x:2804, 2806 or 340-773-1095 x:7032.

# MAY 2017

## VIRTUES OF THE MONTH:

### . Commitment

*I am thankful for the gift of Commitment. It brings passion to my purpose.*

(April 30 - May 6, 2017)

### . Courage

*I am thankful for the gift of Courage. It makes my life purposeful.*

(May 7 - May 13, 2017)

### . Confidence

*I am thankful for the gift of Confidence. It helps me to contribute fully and freely.*

(May 14 - May 20, 2017)

### . Loyalty

*I am thankful for the gift of Loyalty. It nurtures my commitments.*

(May 21 - May 27, 2017)

### . Helpfulness

*I am thankful for the gift of Helpfulness. It allows me to make a difference.*

(May 28 - June 3, 2017)

*Upcoming*

**JUNE 2017**

**VIRTUES OF THE MONTH:**

**. Service**

*I am thankful for the gift of Service. It makes my life a prayer.*

(June 4 - June 10, 2017)

**. Generosity**

*I am thankful for the gift of Generosity. It helps me to give and receive abundantly.*

(June 11 - June 17, 2017)

**. Enthusiasm**

*I am thankful for the gift of Enthusiasm. It makes life simply wonderful.*

(June 18 - June 24, 2017)

**. Creativity**

*I am thankful for the gift of Creativity. It allows my talents to flower.*

(June 25 - July 1, 2017)

# **COMMITMENT**

***Commitment*** is caring deeply about a person, a goal or belief. Once we discern a direction, we go for it wholeheartedly. We don't hold back, second-guess our decision or hesitate to act on it fully. We set goals and achieve them. We make promises and keep them. We go the extra mile. We are faithful to our relationships and don't allow problems to make us waver. Keeping our commitments strengthens our inner integrity. 'It deepens our capacity to carry responsibility with grace.

“Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness ... the moment one commits oneself, the Providence moves too.”

*Johann Wolfgang von Goethe*

## **The Practice of Commitment**

*... I practice commitment when I ...*

Think before I make a promise  
Keep every agreement I make  
Make decisions confidently  
Go the extra mile  
Give 100% to everything I do  
Am faithful to people I care about

## **Affirmation:**

I commit to my decisions. I keep my agreements. I give my all. I am a faithful friend.

## **CULTURAL PROVERBS**

Goat down on hill waitin for win to blow.”

## **Meanings:**

Like the goat, stay on a committed mission and endure until completed. When an agreement is made, it is imperative that one remains committed and apply stick-to-it-ive-ness.

## **FOLKTALE**

“Tukuma and the Mosquitoes”

Broo 'Nansi A Selection of Anansi Stories

Collected by Dr. Lezmore E. Emanuel

Tukuma was charged with cleaning a piece of land, which was infected with mosquitos. While you read, learn if he was able to keep his commitment without scratching!



# Activities with *Commitment*



## Make a Commitment

Choose a virtue and make a commitment to practice it for a week. Share with your class at the end of the week how it felt and what changed as a result.



## Virtues Reflection Questions

- Name some athletes who show commitment. How do they express it?
- What does it feel like to be able to count on someone completely?
- What does it feel like when someone breaks a promise?
- How do you decide what promises you want to make?
- How do you know when you do not want to agree to something?
- What are you committed to?
- What virtues help you to keep your agreements?



## Drawing Commitment

Draw your idea of something you really want in your life.



## Poster Points

- Go for it!
- Give 100%.
- A Promise Keeper.
- Always a friend.
- Dreams do come true.



## Quotable Quotes

*"Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to one that would never otherwise have occurred."* Johann Wolfgang von Goethe

*"Commitment isn't something that just happens by chance. Commitment is a capacity, and it grows as a muscle grows, by being exercised."* Charlotte Jollo Beck

*"Put your heart, mind, and soul into even your smallest acts. That is the secret of success."* Swami Sivananda

*"Nothing deflates commitment faster than broken agreements."*

Gay Hendricks and Kate Ludeman

*"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed it's the only thing that ever has."*

Margaret Meade

## TUKUMA AND THE MOSQUITOES

One time there was a king who had a piece of land to be cleared. Plenty of people came to try to clear the land, but there was one condition they could not meet. The land was infested with mosquitoes. They would bite the cutters, and the king had told them that they could not scratch when bitten or they would forfeit the payment.

When Tukuma heard this, he decided to try his luck. He went and told the king, "Sir, I will clear this land for you."

The king asked, "How will you clear it? It is full of mosquitoes and if they bite you, you are not permitted to scratch."

Tukuma replied, "Nevertheless, I will do it."

The king agreed and promised to pay Tukuma twelve patacong. Takuma said to himself that he could buy a cow with twelve patacong and still have ten left over.

The king told him that he would send a bumba to watch and see that he did not scratch. While Tukuma was cutting and clearing the ground, the mosquitoes came at him in swarms and bit him. Instead of scratching, he would stamp his foot, or fling his arm or shake his head.

When he had finished, the king sent for him and consulted the bumba who confirmed that Tukuma had not scratched once and had done a good job of clearing the land. The king was so pleased that he gave him the twelve patacong, a cow, and plenty of cassava. Tukuma called Nansi to help him butcher the cow. Nansi brought three men to help and each man demanded a quarter of the cow. Then Nansi took half of the remaining quarter and half of the cow's head. Then Nansi helped Tukuma to eat the rest of the meat until it was all finished. Tukuma now only had the broth, and Nansi took half of that, too.

The next time Nansi came to visit Tukuma, he saw that Tukuma had some cassava and wanted to take away some of that, too. In order to save something from his labor, Tukuma dragged some of the cassava under the house. Nansi left him almost desolate — all because Tukuma needed a little help.



# **COURAGE**

***Courage*** is bravery in the face of fear. You do the right thing even when it is hard or scary. When you are courageous, you don't give up. You try new things. You admit mistakes. Courage is the strength in your heart.

“Be strong and let your heart take courage.”

*Psalms, 31:25*

## **The Practice of Courage**

*... I practice courage when I ...*

Stay strong even when I am afraid  
Am willing to try new things  
Admit mistakes and learn from them  
Make amends when I do something wrong  
Do what is right for me even when it is hard  
Ask for help when I need it

## **Affirmation:**

I have courage. I listen to my heart. I face my fears and I am willing to try new things.  
I have the courage to do the right thing.

## **CULTURAL PROVERBS**

“Food can't cook if you sitting on the pot. “

## **Meanings:**

In life, courageous people are needed to boldly stand up and speak out against injustices, rather than sitting down and doing nothing like the majority of people!

## **FOLKTALE**

“Fowl-Cock and the Drummer Cockroach”

Broo 'Nansi A Selection of Anansi Stories

Collected by Dr. Lezmore E. Emanuel

Explore how Fowl-Cock's courage was displayed in rescuing the new home owner from the beating of a gombe drum!

# Activities with *Courage*



## Courage Collage

Make a collage of pictures of people showing courage.

## Courage Commitment

Each person (including the teacher) chooses something that will require courage to do and sets a goal to do it in the next three days. At the end of the week, share your experiences with one another. It might be calling someone and clearing up an old problem, it might be trying a new activity, like skating, that you have never done before. The boundary is that it must keep you safe, and not be foolhardy. Even if it doesn't go just right, share the Teachable Moment together.



## Virtues Reflection Questions

- ❶ When in your life have you needed the most courage?
- ❷ What helps you when you feel afraid?
- ❸ Name three people you know or from history who had great courage.
- ❹ What jobs require physical courage?
- ❺ What jobs require other kinds of courage?



## Drawing Courage

Draw a picture of yourself doing something that requires courage.



## Poster Points

- ❶ Do the right thing.
- ❷ Feel the fear and do it anyway!
- ❸ My heart is full of courage.
- ❹ Brave heart.
- ❺ Take a risk.



## Quotable Quotes

*"We cannot escape fear. We can only transform it into a companion that accompanies us on all our exciting adventures."* Susan Jeffers

*"Heart, be brave. If you cannot be brave, just go. Love's glory is not a small thing."* Rumi

*"Life shrinks or expands in proportion to one's courage."* Anais Nin

*"With courage, you will dare to take risks, have the strength to be compassionate and the wisdom to be humble. Courage is the foundation of integrity."* Keshavan Nair

*"Life is either a daring adventure, or nothing."* Helen Keller

*"Look fear in the face and it will cease to trouble you."* Sri Yukteswar

*"If you don't go out on a limb, you're never going to get the fruit."* Anonymous

*"If you think you're too small to do a big thing, try doing small things in a big way."* Anonymous

## FOWL-COCK AND THE DRUMMER COCKROACH

One time there was a man who built a new house. When the house was completed, he furnished it with the best furniture money could buy. But to his great surprise, when he decided to go and live in his house he heard something or someone beating a big drum in his house. He couldn't find out what it was, so he made a bargain with Lizard who said to him, "Yes, I will chase away whatever is beating that drum inside the house, but you must give me a big bag of flies." The man agreed, but Lizard didn't keep his bargain. Instead he ate the flies without removing whatever it was that drummed in the house.

The man then went to Fowl-Cock. He said, "Fowl-Cock, I have just built a house and furnished it, but I cannot live in it because there is something in there beating a gomme drum. I need someone to chase away whatever it is in there. Can you do it?"

"You have come to the right person, Mister," Fowl-Cock answered. "I can do it, but you will have to give me a sack of meal." Since the man was desperate, he agreed.

Fowl-Cock approached the house and heard the drumming, "bidi-boom, bidi-boom, bidi, boom, boom, boom." He entered and followed the sound and found a large drummer cockroach in the corner. Fowl-Cock stretched his neck and picked it up and took it outside. The drumming stopped. The man gave Fowl-Cock his cornmeal, and, in addition, Fowl-Cock swallowed the cockroach. Ever since that day, fowls eat cockroaches and sometimes even lizards, since this was Lizard's punishment for not keeping his bargain.

# **CONFIDENCE**

**Confidence** is having faith in ourselves and in life. We feel capable and competent. We trust that we have the strength to cope with whatever happens. Confidence helps us to be free of worry. When we are confident in others, we believe in them and rely on them. We build self-confidence as we learn from our mistakes and improve for the better. Confidence brings the strength to try new things, to gain mastery through practice. With confidence, we cast off self-limiting beliefs and doubts. We offer our gifts as a worthy contribution. When opportunity comes, we step up to it. We just say “yes”.

“Do not, therefore, throw away your confidence, for it carries a great reward.”  
*Hebrews, 10:35*

## **The Practice of Confidence**

*... I practice confidence when I ...*

Know I am worthwhile and feel sure of myself  
Don't let fear, doubt, or worry stop me  
Discover my talents and try new things  
Learn from my mistakes  
Think positively  
Trust that all things work together for good

## **Affirmation:**

I am confident. I appreciate my gifts and give my best. I enjoy trying new things.  
I welcome new possibilities.

## **CULTURAL PROVERBS**

“Wake of wise boat mek safe road to steer on.”

## **Meanings:**

Having confidence in oneself, improves your chances for success in whatever you undertake and removes chances for fear of failure.

## **FOLKTALE**

“Compere Zayeh and the La Jablese”  
Broo 'Nansi A Selection of Anansi Stories  
Collected and Transcribed by Lezmore E. Emanuel, Ph.D.

Compere Zayeh confidently boasted repeatedly how he was not afraid of Jablese and Mama Maladie. When his confidence was put to the test, explore how he behaved!



# Activities with Confidence



## Activities with Confidence

- Invite your students to set a goal of meeting one new person they have been wanting to get to know. Ask them to describe how a confident person would go about getting to know someone new.
- Ask them to reflect on something new they would like to try.
- Ask them to journal about the smell, the taste, the feel, the sound of confidence.



## Virtues Reflection Questions

- Name one of the most confident people you know. What do you think gives them confidence?
- When do you most need your confidence?
- When do you feel most confident?
- What are you best at? What gave you the confidence to do it the first time?



## Drawing Confidence

Draw a picture of yourself doing something with confidence.



## Poster Points

- Think positively.
- Go for it!
- Why not?
- Just say YES!



## Quotable Quotes

*"We learn wisdom from failure much more than success. We often discover what WILL do by finding out what will NOT do."*

Samuel Smiles

*"If we are not fully ourselves, truly in the present moment, we miss everything."*

Thich Nhat Hanh

*"Only a person who has faith in himself is able to be faithful to others."* Erich Fromm

*"You see things; and you say 'Why?' But I dream things that never were; and I say 'Why not?'"* George Bernard Shaw

*"Shoot for the moon. Even if you miss it you will land among the stars."* Les Brown

*"Dream lofty dreams, and as you dream, so shall you become."* Anonymous

*"Everyone has inside of him a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is!"* Anne Frank

## COMPERE ZAYEH AND THE LA JABLESSE

Everybody knew that Compere Zayeh besides being lazy and greedy was a big coward. However, whenever the villagers met and told stories of the jumbis they had encountered, he always laughed.

"Jumbis? Jumbis? Who believes in Jumbis? Not me, Zayeh."

So it was that whenever they spoke of Jablese and Mama Maladie, Zayeh would always sneer, "Let me meet one Jablese or one Mama Maladie. I will show them who is afraid."

The neighbors finally grew tired of Zayeh's boasting and decided "to do" it for him. One moonlight night, with the moon shining down on the graves in the cemetery, they dressed up the tallest person in the village in a long white sheet and gave him a bundle of rags to carry in his arms. Then one of the neighbors went to Zayeh's house.

"Eh, Compere, I want to ask you a big favor. I have to go visit my sister who is sick, and I am afraid to pass the burying ground all by myself. Since you are not afraid of Jumbis, I thought I would ask you to accompany me. I know you are not afraid of Jumbis and such things."

Now Nansi knew that his boasting had got him into trouble, but he could not very well back down, so he said: "I will be glad to accompany you, but right now I am turning some coo-boo\* and you know how cornmeal is. If you leave it for long it will lump up."

"I know Broo, but I am in no hurry. I will wait."

Nansi thought up one excuse after the other, but to no avail. In the end he had to accompany the man. As they neared the burying ground, Nansi began to sing and talk loudly.

"Why are you making so much noise, Compere? This is the burying ground you know. We don't want to disturb the spirits."

"Spirits?" replied Nansi with as much lack of concern as he could muster. "You know that I am not afraid of Jumbis."

"That is true, Compere, that is why I asked you to accompany . . . eh, eh! But what is that I am seeing? Look over there, Compere."

Nansi looked nervously in the direction of the other's outstretched finger. "Where Broo? I don't see anything."

"Well, it's gone now. It couldn't have been anything."

"Just where does this sick person live? And can't we walk any faster? I have other things to do, you know?"

Just then, the man wrapped up in the sheet emerged from behind a grave, moaning and groaning in the most terrible manner. Nansi took one look and took to his heels. It seemed to him that Mama Maladie was right behind him with her bundle of sickness. He was so frightened that he ran past his house and kept on running until he was clear out of the village. He found an abandoned old hut and ran in and climbed to the roof and stayed there shivering until morning.

He was so ashamed that he remained there rather than face the jeering and laughter of the people, and he is there still. If you don't believe me, just check the rafters of any house and you will see him there.

An Anansi Story from Grenada

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\*The Grenadian name for fungi cornmeal balls.



# **LOYALTY**

***Loyalty*** is unwavering commitment to the people and ideals we care about. We are steadfast through good times and bad. Even when others disappoint us, we are resilient and forgiving. We invest in our relationships and do what it takes to keep them whole and strong. We stand by our true friends whatever the cost. We don't allow blind loyalty to lead us into trouble. Above all, we must be true to ourselves and loyal to what we know is right.

“The best mirror is an old friend.”

*George Herbert*

## **The Practice of Loyalty**

*... I practice loyalty when I ...*

Stand up for people and ideas I believe in  
Choose my friends wisely  
Am a faithful friend through good times and bad  
Don't allow loyalty to lead me into trouble  
Don't let others come between my friends and me  
Am loyal to myself

## **Affirmation:**

I am loyal to the people and ideas I care about. I stand by my friends and loved ones.  
I keep my commitments.

## **CULTURAL PROVERBS**

“Whe' de goat go de kid follow”.

## **Meanings:**

When we find folks that are loyal, you want to be around them all the time. Their character helps you as you strive to emulate them in ways beyond your wildest imagination.

## **FOLKTALE**

“Tukuma and His Father-in-law”

Broo 'Nansi A Selection of Anansi Stories

Collected and Transcribed by Lezmore E. Emanuel, Ph.D.

Tukuma and his father-in-law had a great relationship. Tukuma paid a solemn promise to him. As you read, discover the strength of his loyalty!

# Activities with Loyalty



## A Sign of Loyalty

Have a demonstration of the various “hand-shakes” you know about.



## Virtues Reflection Questions

- ❶ How do you know you want to be friends with someone?
- ❷ What is good about having a loyal friend?
- ❸ Are there times when it would be loyal to tell a secret a friend told you?
- ❹ What is it like when a friend is not loyal to you?
- ❺ What would you do if a friend asked you to do something you felt was wrong?
- ❻ How can you be loyal to yourself?
- ❼ When do you know it is time to end a friendship?
- ❽ Name three things about a friend to whom you would be loyal forever?



## Drawing Loyalty

Draw a picture of an animal you think of as loyal.



## Poster Points

- ❶ Stand by your friends.
- ❷ Friends are forever.
- ❸ A friend through all kinds of weather.
- ❹ Side-by-side.



## Quotable Quotes

*“In thy face I see the map of honour, truth and loyalty.”* William Shakespeare

*“The best mirror is an old friend.”*  
George Hebert

*“A true friend loves you enough to support you and to confront you.”* Anonymous

*“Words are easy, like the wind;  
Faithful friends are hard to find.”*  
Richard Barnfield

*“Only the person who has faith in himself is able to be faithful to others.”* Erich Fromm

*“No medicine is more valuable...than a friend to whom we may turn for consolation in time of trouble — and with whom we may share our happiness in times of joy.”*  
St. Aelred of Rievaulx



## TUKUMA AND HIS FATHER-IN-LAW

Tukuma was Nansi's father-in-law. One day in a fit of expansiveness he made a solemn promise to Broo Nansi. "Father-in-law," he said, "when you die, I shall be buried with you."

"Do you mean that, Tukuma?" Nansi asked.

"I do Broo Nansi. That is to show the amount of esteem that I have for you." Now Tukuma had no idea that Broo Nansi would die soon when he made that promise.

It so happened that Broo Nansi took ill and died, and the time came for Tukuma to fulfill his promise. Since he had made the promise aloud, several of the villagers had witnessed it. He could not go back on his word, but he had no intention of being buried alive with his father-in-law. He decided to talk with his friend, Lizard, who is very clever.

"You are in a bad spot, my friend," said Lizard when Tukuma told him the problem, "but I can help you. Here is what we will do. I will go ahead to the cemetery and when they come to put you into the grave with Broo Nansi, I shall speak from the top of a tree saying: 'The dead shall not be buried with the living.' The people will think that it is the voice of God and they will let you go." Since Lizard was a man of his word, Tukuma agreed.

On the day of the funeral, Lizard hurried to the cemetery and climbed a tall tree next to the place where Broo Nansi was going to be buried. It was a hot day and the gentle swaying of the tree soon put Lizard to sleep. Tukuma waited for the voice to come which would put a stop to his being buried alive, but nothing happened! He risked a glance to the top of the tree and discerned Lizard fast asleep. While the attention of the mourners was fixed on the burial ceremony, Tukuma threw a stone at Lizard to wake him up. Lizard only shook himself and turned over on his other side. Tukuma threw another stone, and another, and another. Just as they were getting ready to put Tukuma in with Broo Nansi, Lizard was struck by one of the stones.

He woke with a start and roared out, "The living shall not be buried with the dead!" The people were so frightened that they rushed through the burial and dashed out of the cemetery. As they ran they said to each other, "Such a powerful voice could only belong to God. What a lucky thing it is we did not bury Tukuma with Nansi!" And they ran and never looked back.

As for Lizard, he liked the top of the tree so much that he can be found there on any hot day enjoying a daytime snooze.

# HELPFULNESS

**Helpfulness** is doing useful things for others - - things that make a difference to them, no matter how small. It is taking the time to be thoughtful, reflecting on what people truly need and assisting them respectfully. We help others by doing things they cannot do for them-selves. It is often easier to give help than to receive it. It takes courage to ask for help when we need it. There is always plenty of help when we are willing to ask. When we work selflessly to benefit the lives of others, we always bless our own.

“It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself.”

*Ralph Waldo Emerson*

## The Practice of Helpfulness

*... I practice helpfulness when I ...*

Look for little ways to make life easier for others.

Do a service without being asked.

Offer my support in respectful ways.

Give people what they need, not always what they want.

Allow others to be helpful to me.

Strive to be a blessing to others.

## 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.

## CULTURAL PROVERBS

“One hand can’t clap.”

### Meanings:

We all need to give a helping hand to others whenever possible.

## FOLKTALE

“Nansi and Monkey”

Broo ‘Nansi A Selection of Anansi Stories

Collected and Transcribed by Lezmore E. Emanuel, Ph.D.

In reading Nansi and Monkey,  
you will explore how Nansi’s helpfulness protected his friend, Broo Monkey!



# Activities with Helpfulness



## Making a Difference

Discuss what would be helpful to your school and design a project to make a difference. Remember to ask permission before you do it.



## Virtues Reflection Questions

- ❶ How are you helpful at home?
- ❷ Describe a time you helped an animal.
- ❸ Name three ways you could be more helpful at home.
- ❹ How would you be helpful to a substitute teacher?
- ❺ When have you needed help and how did it feel?
- ❻ Was it easy or difficult to ask for help?
- ❼ What was it like to receive help?
- ❽ When have you been helpful to someone outside of your family?
- ❾ How can you tell if what someone asks you to do for them is helpful or not?
- ❿ What is the most helpful way to respond if someone is injured?



## Drawing Helpfulness

Draw a picture of a person or an animal who needs help and someone helping them.



## Poster Points

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



## Quotable Quotes

*"I would help others out of fellow-feeling."*  
Robert Burton

*"If I can stop one Heart from breaking  
I shall not live in vain  
If I can ease one Life the Aching  
Or cool one Pain  
Or help one fainting Robin  
Unto his Nest again  
I shall not live in vain."*  
Emily Dickinson

*"No one can sincerely try to help another without helping himself."* Unknown

*"Oh, I get by with a little help from my friends."* John Lennon and Paul McCartney

*"I expect to pass through this world but once;  
any good thing therefore that I can do, or any  
kindness that I can show to any fellow crea-  
ture, let me do it now; let me not defer or  
neglect it, for I shall not pass this way again."*  
Anonymous

## NANSI AND MONKEY

Nansi and Monkey were good friends. They were walking together one day when Nansi asked Monkey: "Broo Monkey, how much smarts you have?"

Broo Monkey replied, "Man, Broo, I am very smart. I have plenty smarts."

Nansi said, "I am only half smart. I gave my very good friend all my cleverness and kept only half." They walked on until they came to a deep hole in the road. At the bottom of the hole was Broo Tiger. Nansi called down, "What's the matter, Broo Tiger? You can't get out?"

"What is the matter with you?" roared Broo Tiger. "If I could get out do you think that I would still be here?"

Nansi turned to Monkey, "You know, he has a point there?" He turned back to the hole, "Would you like us to help you out?" he shouted.

"Don't shout, I am not deaf. Of course I would appreciate your help."

Nansi told Monkey that since he had a long tale that he should lower it so that Tiger could climb out. When Tiger was out he pounced on Monkey to kill him. Broo Nansi scampered up a tree. Poor Monkey didn't know what to do.

Broo Nansi yelled, "Ah, ha! Broo Monkey! Where are your smarts now? See how easy Broo Tiger catch you?"

Monkey was so frightened and so angry at Nansi at getting him in this position that all he could do was wave his paws and tail in frustration.

At last Nansi took pity on Monkey. He hollered down to Tiger, "Tiger, you catch Monkey and will not even give thanks to heaven for your good luck? Shame! You must hold out your arms and then clasp you hands on your head and give thanks."

Broo Tiger, feeling extremely foolish did so. As soon as he put out his arms, Monkey escaped. Tiger was so surprised that Monkey got away clean. As he and Nansi raced through the forest Nansi said:

"You think you have more smarts than me, now, Broo Monkey?"

Dazed with fright and exhausted from running, Monkey could only shake his head. As they sped on Nansi said:

"From now on check your smarts before boasting." And ever since that day Monkey goes from branch to branch above the ground because Tiger is still waiting for him on the ground.





THE VIRGIN ISLANDS DEPARTMENT OF  
**EDUCATION**



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



## Bringing Virtues to Life

*An initiative of The Virtues Project,  
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and*

*Virgin Islands Department of Education  
Division of Virgin Islands Cultural Education*

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