

# A Year of Virtues

*A virtue is a habit or established capability to perform good actions according to a moral standard. In other words, a virtue is a habit that show people and God that I am a good person.*

Each month we will look at developing one of these virtues:

- Faith
- Empathy
- Conscience
- Hope
- Self-Control
- Respect
- Kindness
- Love
- Acceptance
- Fairness

We will pray about these virtues, we will talk about them in the classroom and we will practice them in the hallways and school yard. We will make the effort to treat other students and the adults in our school according to the demands of these virtues. And we will celebrate the progress we make to be a more virtuous Catholic school—a place of safety, caring and inclusivity for all.

## September

### ~Faith~

*A faithful* person...

- Prays regularly and reverently
- Learns from Scripture stories
- Honours people's God-given names
- Assumes that there is good in everyone
- Accepts the God-given worth of themselves and others

### Our Daily Prayer for September

Let us now pray...  
for the grace and strength to be people of *faith*—  
people who can truly believe that God's plan for us  
includes the right to be safe at school.

Amen

## October

### ~Empathy~

An *empathetic* person...

- Listens attentively
- Watches people's body language
- Notices and responds when someone is upset
- Can name his/her feelings
- Can see a situation from another person's point of view
- Knows that different people may feel differently about the same thing

### Our Daily Prayer for October

Let us now pray...  
for the grace and strength to be people of  
empathy—people who can really identify with  
and feel the concerns of those around us.

Amen

## November

### ~Conscience~

A person of *conscience*...

- Chooses to do the “right thing” and feels good about it
- Can see how his/her actions may hurt others
- Admits his/her wrong-doing and feels badly
- Says “sorry” and tries to make up for mistakes
- Keeps promises

### Our Daily Prayer for November

Let us now pray...  
for the grace and strength to be people of  
*Conscience*—people who know the good and decent  
way to act and then choose to act that way.

Amen

## December

### ~Hope~

People of *hope*...

- Keeps up a positive attitude
- Can bounce back from tough situations
- Set and stick to their goals
- See the good in others even when they make mistakes
- Work to include others
- Let others know that *they* are good people

### Our Daily Prayer for December

Let us now pray...  
for the grace and courage to be people of *hope*—  
people who can see, participate in and contribute  
to God's goodness emerging around us.

Amen

## January

### ~Self-control~

A person with *self-control*...

- Is patient
- Knows how to wait his/her turn
- Can calm him/herself down and think before reacting to situations
- Knows how to avoid physical aggression (hitting, kicking, pushing, fighting, etc.)
- Can think things through and do what is best for everyone

### Our Daily Prayer for January

Let us now pray...  
for the virtue of *self-control* so that we will  
resist the temptation to cause harm to  
ourselves or to others around us

Amen

## February

### ~Respect~

*A respectful person...*

- Treats himself/herself and everyone else with equal consideration and courtesy
- Uses a positive tone of voice and body language
- Avoids swearing, name-calling, put-downs, and inappropriate gestures
- Says “Excuse me”, “Please”, “Pardon me”
- Avoids gossip

### Our Daily Prayer for February

Let us now pray...  
for the virtue of *respect* so that everyone  
we meet will feel like we are their brother  
or sister in Christ.

Amen

## March

### ~Kindness~

A *kind* person...

- Says nice things about others so they feel good about themselves
- Sticks up for people who are picked on or need help
- Refuses to join others who are insulting, intimidating, mean or hurtful
- Watches and looks for ways to help those in need

### Our Daily Prayer for March

Let us now pray...  
for the virtue of *kindness* so that everyone we meet  
will feel like we are looking out for their good.

Amen



**April**

**~Faith~**

A *loving* person...

- Wants the best for others
- Is willing to make sacrifices for the good of others
- Learns from the heroic lives of saints and holy people
- Knows that we are all lovable
- Prays for others

### **Our Daily Prayer for April**

Let us now pray...  
for the virtue of *love* so that we will never be  
satisfied until all are satisfied.

Amen

**May**

## **~Acceptance~**

An *accepting* person...

- Is friendly and open to all God's people, regardless of age, beliefs, gender, culture or ability
- Sees the positive traits in all people even if he/she disagrees with them
- Avoids judging or stereotyping others
- Understands that there may be more than one way to do things
- Sticks up for the “underdog”

### **Our Daily Prayer for May**

Let us now pray...  
for the virtue of acceptance—the strength to  
trust that God is at work in everyone's life  
despite what we think.

Amen

## June

### ~Fairness~

A *fair* person...

- Listens to all sides before forming opinions
- Shows good sportsmanship at all times
- Knows that the same rules apply to everyone
- Refuses to twist rules to avoid consequences
- Works to bring about peaceful solutions to problems
- Cheers on the success of others
- Can balance their own rights and responsibilities with those of others

### Our Daily Prayer for June

Let us now pray...  
for the virtue of *fairness*—the desire to live by  
the rules of God’s kingdom every day of our lives.

Amen