

Our Virtues

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Rationale:

What is a virtue?

Virtue, by definition, is the moral excellence of a person. A morally excellent person has a character made-up of virtues valued as good. He or she is honest, respectful, courageous, forgiving, and kind, for example. Because of these virtues or positive character traits, he or she is committed to doing the right thing no matter what the personal cost, and does not bend to impulses, urges or desires, but acts according to values and principles. Some might say that good qualities are innate and developed through good parenting, which they are, but we're not perfect. Virtues need to be cultivated to become more prevalent and habitual in daily life. With the habit of being more virtuous, we take the helm of our own life, redirecting its course towards greater fulfillment, peace and joy.

[What are Virtues?](#)

As educators, we constantly encounter different challenges. We all need support and positive educational experiences to help us maintain energy, vitality and love of our profession.

The following activity will help acquaint us with our own virtues and the ways in which we can make the most of them in our daily lives. This activity will also help us to recognize the importance of a positive attitude and making responsible personal and social choices.

Implementation

Stage 1: Getting Acquainted

- Prepare a set of *Virtue Cards* for each group
- Participants sit in groups of 5-6
- Each participant chooses a virtue card that best characterizes him/her.
- Each participant introduces himself/herself through his virtue and explains how it is expressed in everyday life.
- Each participant chooses a different virtue that he/she would like to acquire or strengthen

Stage 2: Creative Workshop - My Virtues

Required materials:

- Pebbles of different sizes and shapes
- Blank cards
- Glue
- Stickers
- Acrylic paint
- Markers

Process:

- Each participant designs a personal "virtue" card and/or pebble by writing his virtue on a pebble or card and decorating it.
- Participants place their pebbles and cards in the center of the table.
- Each participant chooses one virtue he/she would like to develop and strengthen in his classes next year.
- Participants share their choices in the groups and try to find one common virtue for some/all participants

Stage 3: Reflection

- Adapting the activity to be used in the classroom

Love	Wisdom
Gentleness	Compassion
Attentiveness	Happiness
Trust	Truth
Flexibility	Generosity
Forgiveness	Courage

Tolerance	Creativity
Cheerfulness	Respect
Bliss	Responsibility
Serenity	Cooperation
Determination	Friendship

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