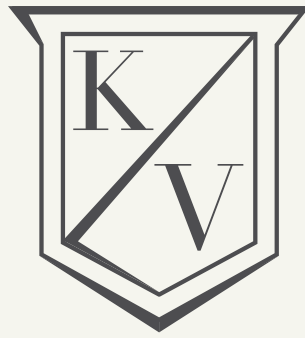




Heroes Who Inspire

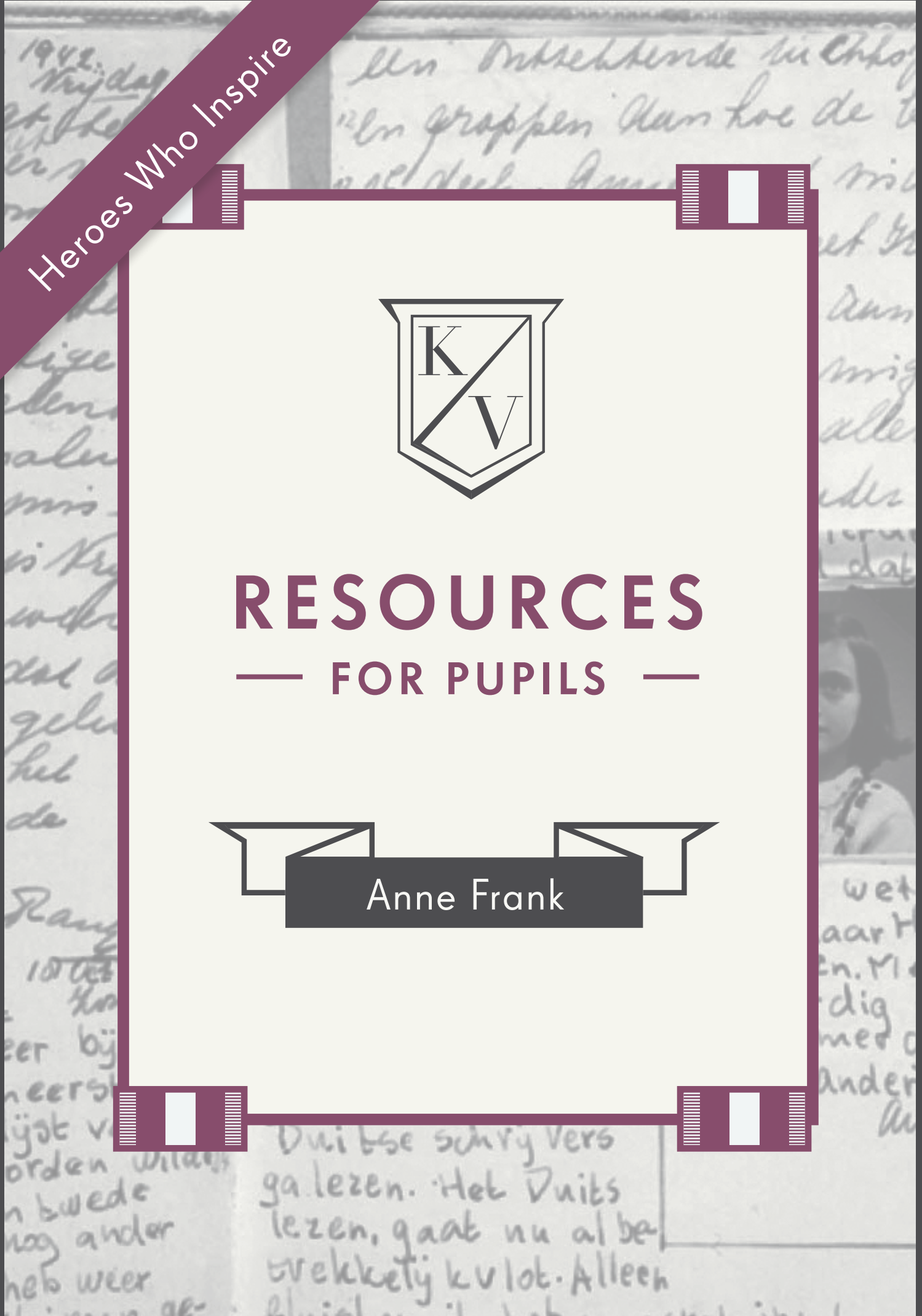


# RESOURCES

— FOR PUPILS —



Anne Frank



## Activity 1

**A** Look at the diary extracts of Anne's two years in hiding (pages 5 to 13). Using the spaces below, write down three incidents where Anne shows humility towards others. Give reasons for your choices.

An example of when Anne displays humility is...

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An example of when Anne displays humility is...

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An example of when Anne displays humility is...

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**B** What do you think it was like for Anne during her time in hiding? As well as humility, what other virtues does Anne display?

An example of another virtue shown in the story is...

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Virtue in Focus

Humility



# The Knightly Virtues

## The Knightly Virtues Programme 8 virtues

**Humility** — To put the needs of others before your own, and be willing to take care of others as you take care of yourself.

**Honesty** — To be true to yourself and other people.

**Love** — To feel and to show great affection for another person or group of people.

**Service** — Working hard for a person, organisation or country. Helping other people.

**Courage** — Having the strength and will to know what you should do even though you may be afraid.

**Justice** — To have an understanding of what it is to uphold what is right.

**Self-discipline** — The ability to control yourself and be very organised.

**Gratitude** — To feel or to show appreciation for something that has been done for you.

## Other Virtues

**Mercy** — To show forgiveness to someone who has done wrong.

**Generosity** — To be kind and generous to those around you.

**Faith** — To stand strong in your ideals and beliefs.

**Nobility** — To be of impeccably strong moral mind or character.

**Hope** — To always keep a positive outlook on how your actions will improve your life and the lives of those around you.

**Strength** — To have the inner resolve to stand firm and not back down.