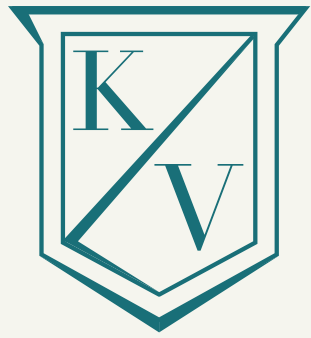


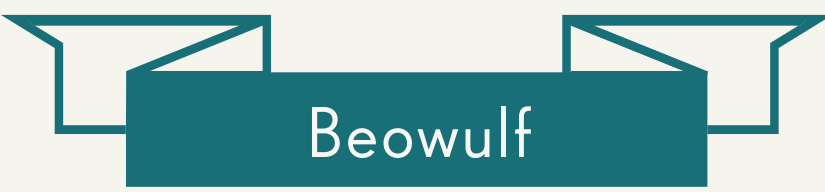


Heroes Who Inspire



# RESOURCES

— FOR PUPILS —



Beowulf

## Activity 1

**A** Write a letter home from Beowulf describing either the fight with Grendel, or the battle with the she-hag.

Talk about Beowulf's feelings. Was he afraid? Why? How did he overcome his fear? How did he feel afterwards?

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Virtue in Focus

Courage

**B** Now pick out three words from the story that make you think of the virtue of courage:



# 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.