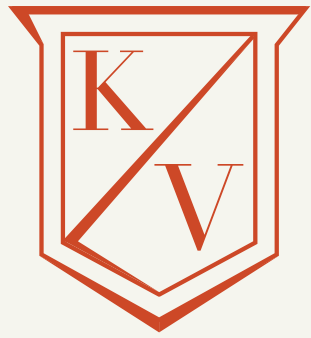


Heroes Who Inspire



RESOURCES

— FOR PUPILS —

Gareth & Lynette

Activity 1

It takes a lot of hard work and self-discipline to become a knight, as Gareth shows throughout the story.

A On your own, go through the story and pick out two examples where Gareth shows self-discipline. How do the examples found benefit him in his quest to become a knight? Now compare your examples with the person sitting next to you. Be prepared to share your thoughts with the rest of the class.

B What can you learn from Gareth to help you develop the virtue of self-discipline in your own life?

Virtue in Focus

Self-Discipline



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.