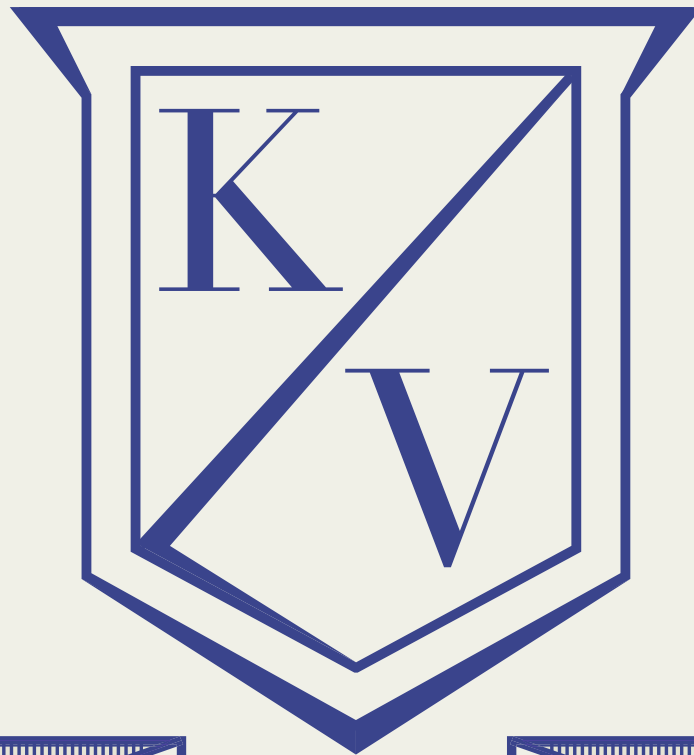


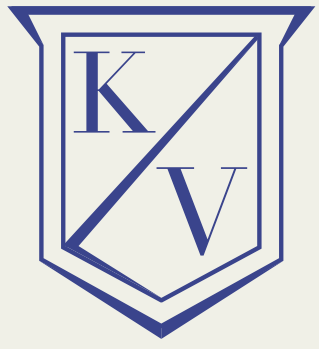
Heroes Who Inspire

Virtues Toolkit



Knighly Virtues

Heroes Who Inspire



TEACHER'S NOTES



Virtues Toolkit

The Virtues Toolkit contains a **Toolkit Activity** for each of the virtues listed below:



The definition of each virtue is included with the relevant activity. You can also use the Virtues Cards to explore definitions with the pupils.

The stories in the Knightly Virtues Programme each contain both a central and a secondary virtue. The central virtue is explored in the Virtue in Focus Activity included in each story pack. The Virtues Toolkit provides homework activities that enable pupils to think about the secondary virtues, and encourages them to apply these virtues to their own everyday lives.

The table below indicates how the virtues relate to each story:

Story	Central Virtue	Secondary Virtue
Gareth & Lynette	Self-discipline	Courage
El Cid	Honesty	Humility
Don Quixote	Love	Service
Merchant of Venice	Gratitude	Self-discipline
Rosa Parks	Justice	Courage
Robin Hood	Charity	Justice
Joan of Arc	Service	Courage
Anne Frank	Humility	Honesty
Beowulf	Courage	

Heroes Who Inspire



ACTIVITIES



Virtues Toolkit

Self-Discipline Toolkit Activity

Definition

Self Discipline is the ability to control yourself and be very organised.

Activity

How many chocolate bars or sweets do you eat during a week? Keep a record over the next 5 days, and write down all of the sweet food that you eat. How many sweets do you eat before dinnertime? To exercise self-discipline, over the next 5 days, try not to eat any sweets or chocolate between the time you get home from school and when you eat your dinner. Write down how this makes you feel.

Day	Day 1	Day 2	Day 3	Day 4	Day 5
Sweets or chocolate eaten					

Day	Day 1	Day 2	Day 3	Day 4	Day 5
No sweets or chocolate eaten before dinnertime (tick if successful)					
How do I feel?					

Honesty Toolkit Activity

Definition

Honesty is to be true to yourself and other people.

Activity

Being honest with people is important. Read the below story about Fatima and answer the following questions.

Fatima loves netball and is a good player. During a PE lesson, Fatima is told by the teacher that she has been picked as captain of the school netball team. One of her jobs as captain is to pick a team to play against another school next week. Fatima plays netball seriously, and not just for fun. She knows who to pick to win the match, but her friend Roberta, who is not as good as Fatima at netball, rushes up to her after the lesson and says, "You're going to pick me aren't you? You owe me!" Fatima knows that, as captain, she has a responsibility to pick the best players to win the match. However, Fatima also knows that Roberta will be very upset if she isn't picked, and that Roberta can become very difficult if she does not get what she wants.

Questions

1 Do you think Fatima should pick Roberta to play netball? Why?

2 You have decided not to pick Roberta for the school team. Do you think you should tell her or wait until she reads the teamsheet? Explain your answer.

3 Do you think Fatima should pick Roberta to play netball? Why?

Love Toolkit Activity

Definition

Love is to feel and show great affection for another person or group of people.

Activity

In the space provided, draw a picture of your best friend. Write down why you consider them to be such a good friend.



_____ is such a good friend because _____

Gratitude Toolkit Activity

Definition

Gratitude is to feel or to show appreciation for something that has been done for you.

Activity

Every day for the next five days, use the Gratitude Journal below to write down what or who you are grateful for. Think about things or people in your life that you are grateful for, or things people have done for you that day that you really appreciate.

DAY ONE

Today I am grateful for...

I am grateful because...

DAY TWO

Today I am grateful for...

I am grateful because...

DAY THREE

Today I am grateful for...

I am grateful because...

DAY FOUR

Today I am grateful for...

I am grateful because...

DAY FIVE

Today I am grateful for...

I am grateful because...

Justice Toolkit Activity

Definition

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

Activity

Illustrate, using the storyboard below, a short story about an injustice. Use captions to show what the injustice is and how it is overcome.

Courage Toolkit Activity

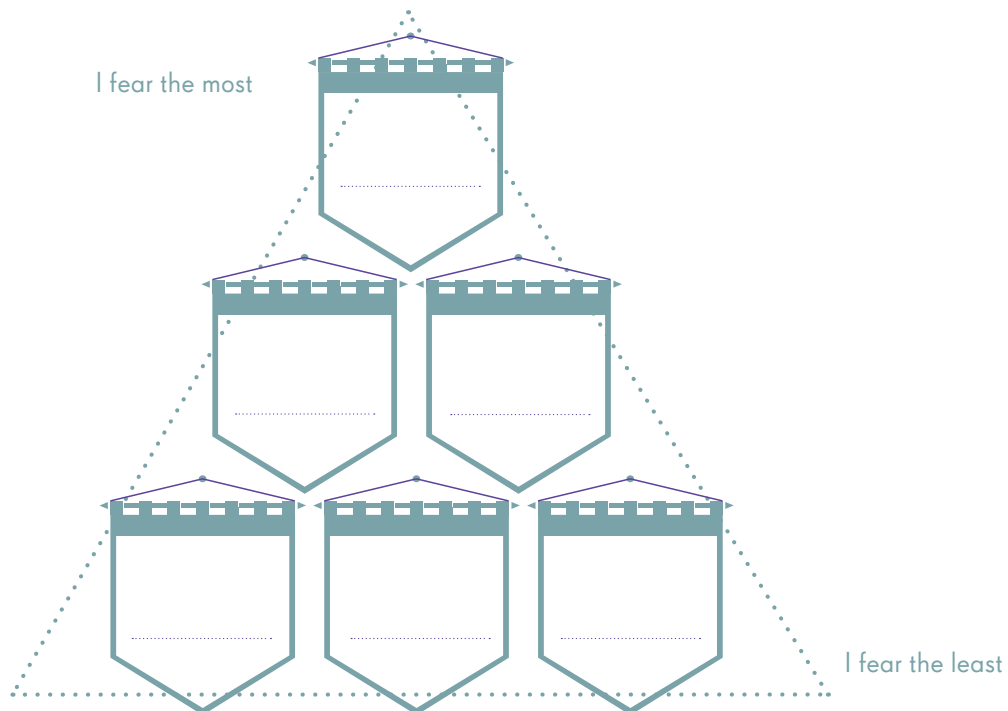
Definition

Courage is having the strength and will to know what you should do even though you may be afraid.

Activity

Everyone is afraid of something, but we have to become courageous and overcome our fears in some situations. Thinking about the things listed below, use the pyramid and rank them in order, placing what you are most afraid of at the top.

Heights	Tests at school	Speaking in front of lots of people
Getting things wrong	The dentist	Speaking to new people



Choose one of the topics below and write a paragraph about a time when this has applied to you.

I did something despite negative pressure from my peers

I expressed myself even when others disapproved

I took on a difficult challenge

I did the right thing, when others did not

Service Toolkit Activity

Definition

Service is working hard for a person, organisation or country. Helping other people.

Activity

How have you helped other people this week?

List one way in which you have helped in each box below:

I have helped at home by:

I have helped my friends by:

I have helped at school by:

How could you help other people in future?

List one way in which you could help your community, a group or organisation you know, in the future.

I could help

in the future by

For more information about other Knightly Virtues resources please go to:
www.jubileecentre.ac.uk/knightlyvirtuesresources

For more information about the Knightly Virtues Research Report please go to:
www.jubileecentre.ac.uk/knightlyvirtues

