

What Virtues Do I Have?

Wisdom

Critical Thinking



Honesty

Activity 1



Aim(s)

- To review whether and how the young people have developed their virtues.



Resources

- Completed *What Virtues Do I Have?* Worksheet
- A new *What Virtues Do I Have? - Review* Worksheet.



Delivery Guide

Ask young people to have a look at the *What Virtues Do I Have?* Worksheet they completed in the *Introduction to Virtues* sessions. This should show them the 4 virtues they chose as ones they already had, and then the 4 virtues they chose that they wanted to develop.

How do they think they did? Have they managed to develop the virtues they wanted to? How did they do it? They may have developed some virtues they didn't intend to concentrate on!

Ask each young person to look at their new *What Virtues Do I Have?* Worksheet and tick all of the virtues they think they now possess. They should then think of another 2 virtues they would like to develop and improve, and circle those.



If you didn't complete this activity in the *Introduction to Virtues* session, you can complete that in place of this activity. This will allow the participants to think about the character strengths they have developed as part of the sessions, but also the ones they want to work on as they move on.



Facilitators can take part in this activity along with the young people, sharing how well they have developed and improved their virtues, and choosing which they'd like to develop.

Points to highlight

- Virtues are positive personal traits that make up our character.
- We can improve and develop our virtues.
- Working on our virtues doesn't need to stop now that the sessions have finished – it's a life long journey that everyone can take part in.
- Hopefully everyone has changed since the beginning of the work on virtues. Some young people may actually feel like they have gone backwards in their development of a particular virtue; this could be because they have a better and deeper understanding of the virtue, so are able to make a more accurate assessment of whether they have it. This is a good thing, even if it doesn't seem it on the surface!

