

The Virtues Line



Honesty

Curiosity

Humility

Activity 1



Aim(s)

- To review the virtue definitions and level of understanding.



Resources

- List of virtues and their definitions.
- Number cards: 1–10.
- Blu Tack. **OPTIONAL**



Delivery Guide

Create the *Number Line* across the room by placing the number cards on the floor or sticking them on a wall. Explain that each number represents a level of understanding. For instance:

- 1** = I have no idea
- 3** = I've heard of it
- 5** = I know a bit about it
- 8** = I feel confident I understand it
- 10** = I could share an example of using it with someone else.

The suggested list of virtues is as follows:

Courage
Self-discipline
Compassion
Gratitude
Justice
Humility
Honesty
Service
Citizenship

Resilience
Determination
Creativity
Reasoning
Critical thinking
Patience
Friendliness
Generosity
Humour

Curiosity
Kindness
Empathy
Joy
Perseverance
Fairness
Forgiveness
Wisdom

The facilitator should read out a virtue from the list, and the young people must place themselves on the continuum line according to their knowledge or understanding of the

virtue. Once everyone has selected a number to stand by, ask for volunteers to tell you their understanding of the virtue, with an example if they have placed themselves near number 10 in the number line. Does everyone else agree? Does anyone think differently? Ideally, the group should come to a shared definition of the virtue so that everyone has an understanding of each one.

Once this has been done, the facilitator should then read out the next virtue, and the participants can reposition themselves as appropriate.

The participants should be encouraged to be honest with themselves and with facilitators. This isn't a test of what they've achieved or how well they know the virtues, it's to reflect on their learning and see what they know and where they can still improve.

Points to highlight

- Almost certainly, people in the group will know more about virtues and character strengths than they did before. This shows their ability to learn.
- It's good to share and learn from each other – those who know a certain virtue well can help those who are unsure.
- It's okay to say you don't know! If you don't admit to not knowing, you can't learn.
- Admitting that you are unsure shows honesty and humility.