

Social and Personal Values

The Family Virtues Guide by Linda Kavelin Popov is a useful resource to help teach children about social and personal values. We want our children to be the best they can, and hold values that will endear them to others, but it's not always easy to know how to explicitly teach them.

In this book the author presents 52 Virtues that each come with a description of what it is, why it's practiced, how it's practiced (what would it look like if...) and signs of successful practice.

Popov goes on to say:

Children *are not* born as blank slates. The child is indeed "in there" as a true personality waiting to develop. They have inherited traits, individual temperaments and innate gifts, talents, abilities, limitations and virtues. Who our children become *is a result* of four things: nature, nurturance, opportunity and effort. As parents we provide nurturance and opportunity, our child provides the effort.

Here is an extract example of how to provide the nurturance (education) for the virtue of Caring:

What is Caring? Giving love and attention to people and things that matter to you by saying and doing things that help them. Caring about something means giving it your very best.

Why practice Caring? It makes the world a better place to live in. Caring people help others feel less alone. It is also important to care about yourself because when you don't others get the impression you don't matter very much.

How do you practice Caring? Ask people questions about how they are, what they think and feel e.g. "How is your day going?" "How can I help?" When you care about the things you do, you do them with enthusiasm and excellence. When you care about yourself you take care of your needs.

What would caring look like if... it's your job to take care of the family pet?...Your sister lends you something she really likes?

Signs of success... handle things carefully; let people know that what they say is important by looking at them and listening closely.

Some of the other Virtues detailed in the book are Justice, Kindness, Tolerance, Self-Discipline, Love (...and a whole lot more).

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Learning, Respect, Community and Faith



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