

# Morals 4 Minors

A QUALITY, TRAIT OR HABIT WHICH SHAPES AND GUIDES EMOTIONS AND ACTIONS

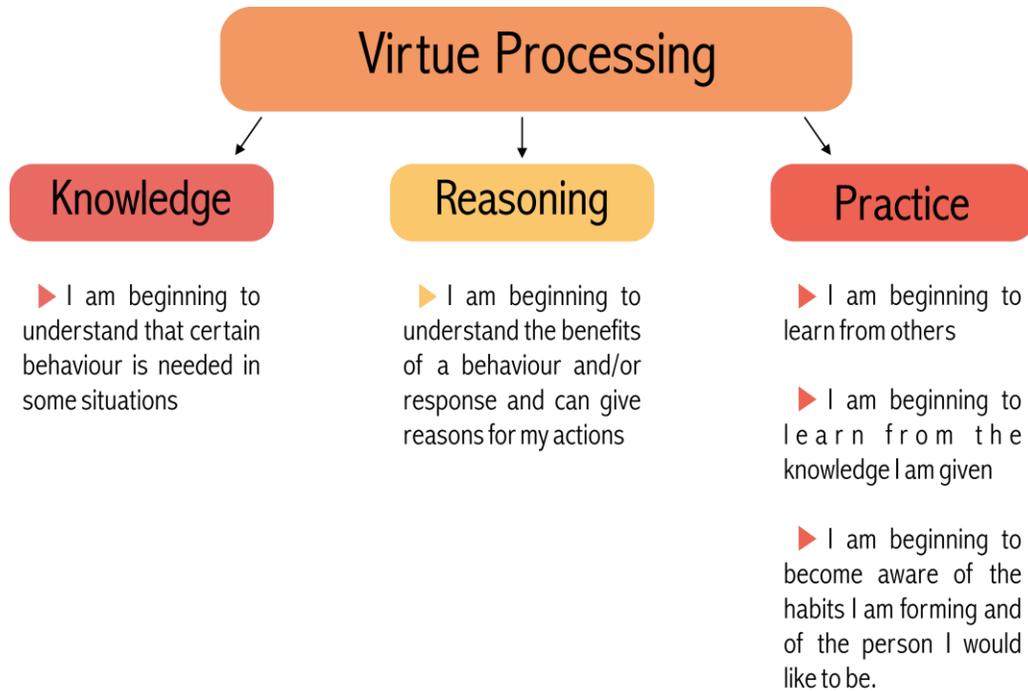
PILOT SERIES



# MORALS4MINORS

“What we are most anxious to produce is a certain moral character in our fellow citizens, namely a disposition to virtue and the performance of virtuous actions.” - Aristotle

The goal of moral education is to live a life in which we, together, as human beings flourish, live harmoniously in communities with others and to develop virtues which make up our character.



When we have acquired a set of virtues (knowledge), we are able to manage our emotions with self-discipline (reasoning) and give reasons for why we choose a course of action (practice).

## Character/Virtue Awareness & Development

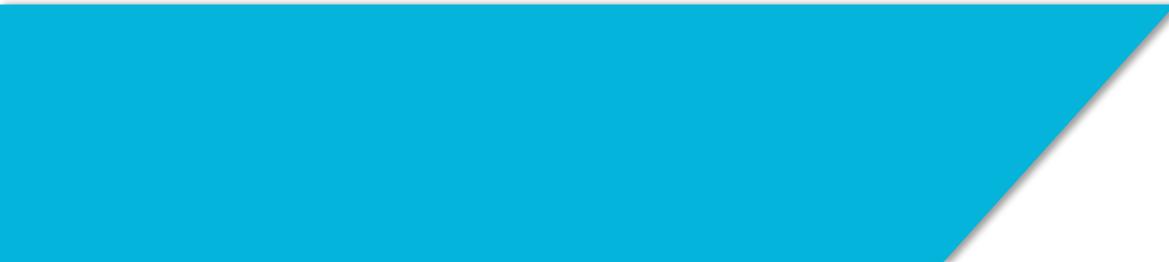


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# PATIENCE – WAITING CALMLY

## OBJECTIVE

Create understanding regarding the concept of “patience. At this stage, self-regulation is difficult but awareness of this helps.

## INTRODUCTION

What does PATIENCE mean? That's right. It means waiting! So many of us have a problem with waiting.

So what is patience really?

1. It can be that you have to wait for something without getting angry or upset about it
2. It means perhaps taking your time to do something really, really well to the best of your ability
3. You may have to wait a long time for something without complaining or whining
4. It definitely means waiting your turn and being respectful to those whose turn it is.

*How do you feel when you don't get what you want right now and have to wait?*

- Angry
- Cross
- Frustrated
- Mad
- Sad
- Disappointed

Is there anyone in class today who is waiting for something?

What kind of things do we have to use patience for?

1. Growing flowers or vegetables
2. For a baby to be born – a whole nine months!
3. Getting good at a sport takes A LOT of patience and practice
4. Achieving excellent results at school takes patience – you have to try and try again until you get it right
5. Standing in the line at break time for your lunch takes patience – you cannot get annoyed with others because you have to stand in a line
6. Waiting for a book or a game which mom or dad promised you at the end of the month when they get paid takes patience
7. Being a good friend takes patience – sometimes you have to be patient with a friend when they are not sharing or are not in a very good mood

*What should you do if you forgot and became impatient and rude to someone?*

Realise that you have been unmannered

Use your best manners to go and say sorry for being rude and impatient

Ask if there is anything you can do to make it better

*What do you think the most important thing is to know about being patient?*

When people are patient, everything just works better. People are kinder and there is less stress in the world.

## INTERACTIVE

Can you give me examples where you could be more patient – at school, at home or with your friends and family?

*Guidance: Remember to be patient – getting annoyed doesn't make it happen any faster.*

*Meaningful Praise: I am so proud of how you are going to deal with that better!  
Thank you for sharing that. It's something we can all learn from!*

*Correction: Remember that it takes will power to show patience. Always thank someone who has been patient with you.*

## SONG – Patience

<https://www.youtube.com/watch?reload=9&v=WuOGPnx-T8E>

or

[Mulberry Bush]

This is the way I wait my turn, wait my turn, wait my turn

This is the way I wait my turn while I'm in the line.

This is the way I listen first, listen first, listen first

This is the way I listen first before I have my say.

This is the way I practise hard, practise hard, practise hard

This is the way I practise hard to get good grades at school.

# CARING – WITH OUR HANDS

## OBJECTIVE

Understanding of the term “caring with our hands” and that we can, indeed, be kind using our hands too – not just our hearts. It’s also caring to DO things with your hands.

## INTRODUCTION

What does CARING mean? Yes, caring means being kind.

*Do you know we can be caring with our HANDS?*

We can treat people, all living things and other people’s things with gentleness.

We could use our hands to give attention to someone who needs it if they are sad or need help.

We can look after ourselves with caring hands by eating the right food and keeping ourselves clean and smart.

We can pat someone on the back to say, “well done”.

We can rub a friend on the head gently when they have banged their heads by accident.

*What would happen without caring hands?*

No one would help someone who is hurt or sad.

Our friend’s toys and precious things would get broken.

Animals would not get given love, food or be exercise.

Our friends and family would not know that we loved them.

## INTERACTIVE

Today we are going to learn how to be caring with our hands. I have brought in [name the cuddly toy] who is very nervous today. How do you think she would like to be stroked?" Pick one or two children to demonstrate gentle stroking. "How do you think she is feeling now that she is being stroked so gently?" Being rough ask "How do you think she is feeling now?"

Tell the children that during this circle time they will take turns to show everyone how to gently stroke the cuddly toy. While they are doing this, they can tell the rest of the circle how they show caring at home, eg pets, siblings, grandparents. They must only speak when they have the cuddly toy. Pass around the cuddly toy so that each child demonstrates careful stroking before they speak. Remember to use the teacher talk below to guide, praise or correct.

*Guidance: Remember to be very soft and gentle when you stroke.*

*Meaningful Praise: I am impressed by how gently you are stroking her!*

*Correction: Please be gentle when you are stroking, that's a little too rough.*

Thank you for making [name of cuddly toy] feel safe and well cared for.

Pose the Question:

"Is it okay to use our hands to hurt another person?"

Allow discussion on smacking or pinching ... that is called being a BULLY. We are never ever allowed to hurt another person's body with our hands. Do we agree on this?

Good. Our hands are meant for ... CARING!

## OPTIONAL ACTIVITY

Let's take a walk and go outside to see what we can do to use our CARING HANDS.

Suggestions:

- Hold your friend's hand gently
- Put your arm on your friend's shoulder
- Move a chair out of the way for someone
- Tidy up school bags in the classroom
- Pick up litter wherever you see it
- Fix the soil around a plant
- Straighten outdoor furniture
- Tidy up the school bathroom
- Take old posters off the wall

Back to class!

Did YOU realise how caring your hands could be? I hope you remember this all week and find lots of opportunities to show off YOUR CARING HANDS.

<https://www.youtube.com/watch?v=OVExLNdpLjk>

or

These little hands of mine, I'm gonna let them love,

Let them love, let them love, let them love!

These little hands of mine, I'm gonna let them care,

Let them care, let them care, let them care!

These little hands of mine, I'm gonna let them shine,

Let them shine, let them shine, let them shine!

# COURAGE – WHEN YOU MAKE A MISTAKE

## OBJECTIVE

To create understanding that everyone makes mistakes and that it's okay. How we deal with it though, will affect the outcome.

## INTRODUCTION

What does making a MISTAKE mean?

Yes, it means we have done something we should not have, or not done something that we should have.

Who thinks they are perfect?

Actually, none of us are perfect and we ALL make mistakes our whole lives.

*How do you feel when you realise you have made a mistake?*

- Frightened
- Scared
- Nervous
- Cry
- Feel bad
- Sad

*It takes courage to admit or own up when you have made a mistake. What happens if you don't own up?*

You have to tell a lie

You have a very bad feeling in your stomach

You think about it all the time

You know you should own up

Sometimes the mistake gets even worse because you didn't own up.

*What should you do to own up when you have made a mistake?*

Realise that you have made a mistake

Use your courage to admit that you have made the mistake and tell the person straight away

Apologize and ask how you can make it right

Accept the punishment (if there is one)

*What do you think the most important thing is to know from making a mistake?*

To LEARN from the mistake. Usually mistakes are there for a reason and that's how we learn. When we have taken the right path, accepted the punishment, apologized and learned something from the mistake, it means you will not repeat it again! Mistakes can play a very positive part in improving your life.

## **INTERACTIVE**

Today we are going to use our courage to discuss mistakes we have made. You don't have to if you don't want to, but we learn from each other too. I will start. One day when I was an office worker, I was in charge of the money in the draw. When I had to pay a delivery person I did not add up the sum correctly and paid him too much.

When I realised my mistake, I got such a fright and felt very scared to tell my boss. I went home without owning up. It was the most terrible night ever. I couldn't sleep and had butterflies in my stomach. I just worried the whole night. The next morning, I used my courage and went straight into my boss's office and told the truth, saying sorry and that it was all my fault. He was so kind to me and said thank you for owning up, but I had to pay the money back from my pay. What I did learn from that was it was so much worse not to own up straight away. Any time I make a mistake now, I immediately own up.

Let's make a circle and take turns to share our stories about mistakes we have made and what we did once we realised it.

*Guidance: Remember to own up as quickly as you can.*

*Meaningful Praise: I am impressed by how you dealt with that!*

*Thank you for sharing your story!*

*Correction: Remember that it takes courage to share mistakes and we should be respectful by listening carefully.*

## **SONG – Courage to Own Up**

<https://www.youtube.com/watch?v=Hk2NvNPzgv4>

or

(Frere Jacques)

It takes courage, it takes courage

To own up, to own up

Never will I lie though, never will I lie though

Tell the truth, tell the truth

# HONESTY – THE TRUTH

## OBJECTIVE

To highlight the need to always be honest and how not telling the truth can make you feel and affect your life.

## INTRODUCTION

What does HONESTY mean? Those are some good suggestions. Honesty means telling the truth – not only with your words but also with what you do.

*What would you have to do to be an honest person?*

1. You would have to admit your mistakes or any fibs you have told
2. You would never cheat
3. You would never ever take something that doesn't belong to you
4. You would speak the truth even if it means getting into trouble

*How do you think you feel if you are not an honest person?*

Bad feeling in your heart

Worry

Impatient and unkind

You may not have many friends because they know they cannot trust you, so you may feel lonely

Is there anyone in class today who has any stories about someone being dishonest. Remember not to give anyone's name (especially someone in class) because that would be very uncaring.

What other kinds of things do we have to do to show that we are honest?

8. Behave like a good sportsman on the field and not try to get a free kick by being dishonest and pretending another player fouled you
9. Own up and say that you saw someone's cards while you were playing a game
10. Maybe tell your parents that you did not get a good result in your spelling test because you did not really study enough
11. Always tell the truth about what happened if there was a problem on the playground – don't tell fibs for your friends

*What should you do if you were dishonest and didn't tell the truth?*

Admit to yourself that you have been dishonest and have to fix the problem

Go to the person who needs to know the truth immediately. Don't wait. The longer you wait the bigger the problem gets.

Sometimes you will have to be punished for being dishonest and you must accept this with a good attitude and learn from your mistake.

Ask if there is anything you can do to make it better.

*Why are we expected to be honest and truthful? What do you think the world would be like if we all just lied and were dishonest?*

If we all were dishonest, NOTHING in our world would work. We have to depend on people's honesty and trust them to be able to live our lives. Who do you have to trust in your life?

- Your teacher
- Your parents or caregivers
- Your friends
- Your sports coach
- Your music/ballet/judo instructors
- Maybe you have a bank card for your pocket money – so you have to trust the bank.

### INTERACTIVE – Thumbs Up Thumbs Down

1. I tell a friend that my dad drives a very expensive fancy car when he actually drives a very nice normal car.
2. I start running before the whistle goes off to make sure I win the race.
3. I call my friend aside and explain that I took one of her really nice crayons home yesterday without asking. I return it and say I am really sorry.
4. I tell my teacher that I didn't do my homework because we were out until very late last night, when I actually sat and played video games instead.
5. I explain to my friend that I was not a very good friend to her at breaktime because I played with someone who told me not to play with her anymore. I say sorry and that I feel really bad.
6. I tell my teacher that I cheated in the spelling test because I had my book open and could see all the words and know I feel really awful because she wrote such a nice message on my paper. I accept that I am going to have to be punished for being dishonest.

*Guidance: Honesty is very important because it creates trust.*

*Meaningful Praise: Thank you for being so honest.*

*I appreciate you admitting what you did.*

*Correction: I am sure they were saddened that you did not practise honesty.  
What will you do next time?*

### SONG – Truth

<https://www.youtube.com/watch?v=hNq1G92IZmA>

or

[She'll be coming round the mountain]

I'll always be truthful, from now on, from now on

I'll always be truthful, from now on, from now on

I'll always be truthful, I'll always be truthful, I'll always be truthful,

From now on, from now on!

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