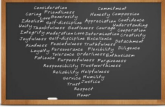



## The Virtues Project

**Rediscovering Joy, Meaning, and Purpose in Teaching and Learning**



Presented by   
**Dara Feldman**  
 Montgomery County Public Schools, MD

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## Essential Questions

**Do you want to bring more joy, meaning and purpose back to teaching and learning?**

**Do you want to increase academic achievement while honoring The Whole Child?**


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## The A.R.T. of Boundaries

**Assertiveness**  
Do what is right for you


**Respect**  
Be deeply present without  
advising  
interrupting  
criticizing  
rescuing  
teasing

**Trust**  
Be worthy of trust  
What we say here stays here



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## *“See Me Beautiful”* by Red Grammer

**Think, Pair, Share:** 

- 1. Who comes to mind for you?**
- 2. What made you think about that person?**

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## My Whys









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## A Surprising Request




**Walter Johnson High  
Pom Squad**



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## Honored by the United Nations



Acceptance  
Appreciation  
Assertiveness  
Commitment  
Compassion  
Confidence  
Consideration  
Cooperation  
Courage  
Courtesy  
Creativity  
Determination  
Dignity  
Diligence  
Discernment  
Empathy  
Enthusiasm  
Excellence  
Fairness  
Flexibility  
Forgiveness  
Friendliness  
Generosity  
Honesty  
Honour  
Humility

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## A Virtues Pick

**Directions:**

- Choose a partner
- First person reads their card aloud
- Next they share how it resonates with them
- Second person listens in complete and receptive silence
- The listener acknowledges a virtue they have recognized
- Repeat for other partner



*“I heard your **compassion** when you shared about the challenges your students have at home.”*

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## The Virtues Project’s Five Strategies

- 1 Speak the Language of Virtues
- 2 Recognize Teachable Moments
- 3 Set Clear Boundaries
- 4 Honor the Spirit
- 5 Offer Companionship



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## Kenwood High Teacher Testimonials




<http://www.youtube.com/watch?v=x07ca8zJSVY>

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## Virtues vs. Values


**Virtues:** universal, positive qualities of character

**Values:** things people deem important or of value



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## Virtues: The Gifts of Character



Assertiveness	Forgiveness	Orderliness
Caring	Friendliness	Patience
Cleanliness	Generosity	Peacefulness
Commitment	Gentleness	Perseverance
Compassion	Helpfulness	Purposefulness
Confidence	Honesty	Reliability
Consideration	Honor	Respect
Cooperation	Humility	Responsibility
Courage	Idealism	Self-discipline
Courtesy	Integrity	Service
Creativity	Joyfulness	Tact
Detachment	Justice	Thankfulness
Determination	Kindness	Tolerance
Diligence	Love	Trust
Enthusiasm	Loyalty	Trustworthiness
Excellence	Moderation	Truthfulness
Flexibility	Modesty	Understanding
		Unity

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## More Than Just Soft Skills

**THE "CHANNEL" VICTORY VIA VIRTUES!**

**DETACHMENT**

<http://vimeo.com/47138373>

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## Grit, Curiosity & the Hidden Power of Character by Paul Tough

*How*  
**CHILDREN SUCCEED**

PAUL TOUGH

“Character matters. There is no antipoverty tool we can provide for disadvantaged young people that will be more valuable than the character strengths... Conscientiousness, grit, resilience, perseverance and optimism.”

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## Performance and Moral Character

**Power2Achieve Tools**

**CHARACTER = Performance Character + Moral Character**  
... for success in school, work, and beyond

PERFORMANCE COMPETENCIES needed to pursue excellence in any area of endeavor	MORAL COMPETENCIES needed for positive relationships, self-regulation, and responsible ethical behavior
Ambition Craftsmanship Critical Thinking Dependability Diligence Drive Effort Enthusiasm Imagination Passion Persistence Resourcefulness Resilience Work Ethic	Citizenship Civility Cooperation Emotional Intelligence Empathy Friendliness Generosity Honesty Justice Loyalty Moderation Patience Respect Self-Control Truthfulness

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## The Virtues Project’s Five Strategies

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## Change Your Words, Change Your World

<http://www.youtube.com/watch?v=Hzzgm5m7oU>

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## The Power of Language

Do you believe language has the power to inspire or discourage?

Love and Gratitude


You Make Me Sick

Pictures compliments of [www.hado.net](http://www.hado.net)


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## Muscle Testing Exercise

1. Press down with 2 fingers above wrist to get strength baseline
2. Ask partner to say “hate” & press down resisting the same amount as baseline
3. Repeat process with the following words:
  - “Love”
  - “Do it.”
  - “Let’s do it.”
4. Switch partners and repeat directions.


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## Ways to Speak the Language of the Virtues




**To acknowledge**

**To guide**

**To correct**

**To thank**


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### Strategy 1: Speak the Language

## 3 Elements of the Virtues Language

stem      →      I see your

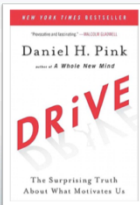
virtue      →      **determination**


evidence      in the way you worked through that difficult problem without giving up.


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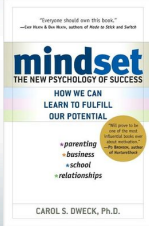
## Drive by Daniel Pink

Virtues acknowledgments include the critical component of evidence to show how someone is demonstrating a virtue, and therefore helps the individual internalize the virtue.




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## Mindset by Carol Dweck



“I see you are stuck on that problem, maybe you just need to work harder.”


vs.

“I see your determination in the way that you are working on that hard problem without giving up.”



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### Strategy 1: Speak the Language

## Virtues Acknowledgement



<http://www.youtube.com/watch?v=a77TmdwnDho&feature=youtu.be>



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### Strategy 2: Recognize Teachable Moments

“In all situations, it is my response that decides whether a crisis will be escalated or de-escalated and a child humanized or de-humanized”


~Haim Ginott



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### Strategy 2: Recognize Teachable Moments

From shaming & blaming



to naming the virtue

- Conscience Destroyers
  - Shaming
  - Name-calling
  - Beating or hitting
  - Over-protecting
  - Over-punishing
  - Ignoring effort
  - Lack of clear boundaries
- Conscience Builders
  - Naming virtues
  - Clear boundaries
  - Acknowledging effort
  - The opportunity to make amends

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### Renaming and Reframing



- Stop shaming
- Recognize virtues needed
- Start naming
- Nurture life lessons

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### Strategy 3: Set Clear Boundaries Retributive Justice



Teacher is a *detective* asking ...


- What was the crime?
- Who did it?
- How should they be punished?

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### Strategy 3: Set Clear Boundaries Restorative Justice


Teacher is a *mentor* asking ...

- What happened?
- What virtue was missing?
- What would it look like if...
- How can amends be made?



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### Strategy 3: Set Clear Boundaries Restorative Justice Process




- What happened?
- What virtue was missing?
- What would it look like if...
- How can you make amends?

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### Strategy 3: Set Clear Boundaries Class Promise


**OUR CLASS PROMISE**  
 We are peaceful with our words and our actions.  
 We are gentle with people and things.  
 We are respectful of people and things.  
 We are enthusiastic learners and always work with excellence.



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### Strategy 4: Honor the Spirit

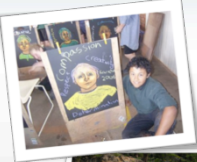

“More important than being successful is being significant. Significance means making a contribution to others.”



~Steven Covey, Author of *Highly Effective People*

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### Strategy 4: Honor the Spirit

- Virtues Sharing Circles
- Celebrations
- Traditions
- Reflective Time
- Moments with Nature
- Service Learning
- Virtues in the Arts
- Virtues Pick

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### Strategy 5: Offer Companionship



Don't get furious.

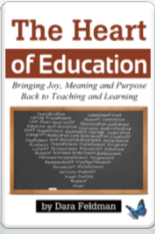




Get curious!

1. Open the door
2. Offer receptive silence
3. Ask cup emptying questions
4. Focus on sensory cues
5. Ask virtues reflection questions
6. Ask closure and integration questions
7. Give a virtues acknowledgment

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### The Heart of Education

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### [www.darafeldman.com](http://www.darafeldman.com)



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<http://thevchannel.com>

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[www.virtuesproject.org](http://www.virtuesproject.org)

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### The Virtues Project

*"Idealists dare..."*

*...to have big dreams and then act as if they are possible... Idealism does not mean that you are an idle dreamer. Idle dreamers just WISH that things were better. Idealists do something to MAKE things better."*

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### Our Civil Mission

<http://www.youtube.com/watch?v=iWoy9b6td98>

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### Let's Connect...

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