

The Virtues – Being the best version of you.



Love Service Faith Courage Respect

Love



To do everything

with kindness and love.

1. Write a letter to a friend or relative.
2. Ask someone if they are feeling ok.
3. Spend time helping your brother or sister with their work.
4. Offer to help around the house without being asked.
5. Tell a friend or relative how much they mean to you.

Last term we worked on how we can live out the virtues at All Saints to be the best version of ourselves with Christ at the centre of all we do.

We want to see how you are still working towards being the best version of you so here are a few suggestions for each of the virtues.

Email me your drawings, posters and research, plus photos of you completing the tasks if you have permission to do this.

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I'm looking forward to reading your emails,

Mrs Rhys-Hill All Saints Lay Chaplain

Service



To work together for

the benefit of everyone.

1. Offer to help with making dinner and clearing away afterwards.
2. Fill a bag for charity whilst you are tidying your room.
3. Research CAFOD Campaigns. <https://cafod.org.uk/Education/Secondary-and-youth-resources/Zero-Hero>
4. Have a kindness jar filled with offers to do jobs, kind words and thank-you notes and ask your family to choose one every day.
5. Pray for the work of charities.

SMALL ACTS,
WHEN MULTIPLIED BY
MILLIONS OF PEOPLE,
CAN TRANSFORM
THE WORLD.

Be the best
version of you

Faith



To be guided by faith

in all that we do.

Courage



To have self-belief

to be the best that we can be.

1. Research a Saint that demonstrated courage.
2. Start your work without being asked.
3. Learn a new skill.
4. Write a prayer asking for courage.
5. Design a poster encouraging others to believe in themselves.

1. Create a prayer space – Do you have a bible, rosary or cross to place in a quiet corner?
2. Prayer a decade of the Rosary. https://childrensrosary.org/?page_id=2049&lang=en
3. Research the life of a Saint- how do they provide an example to you?
4. Attend an online Mass <http://www.holyredeemerparish.co.uk/>
5. Create an illustration of a bible passage.

Respect



**To have respect for ourselves,
each other and our environment.**

1. Create a thank-you sign for your window for key workers.
2. Turn off taps and lights when you are not using them.
3. Create a Fairtrade poster. <https://cafod.org.uk/Education/Secondary-and-youth-resources/CAFOD-homework-help>
4. Consider someone else's point of view in a disagreement.
5. Tidy one small space everyday.