

# PREPARING YOUR “BAG OF VIRTUES”

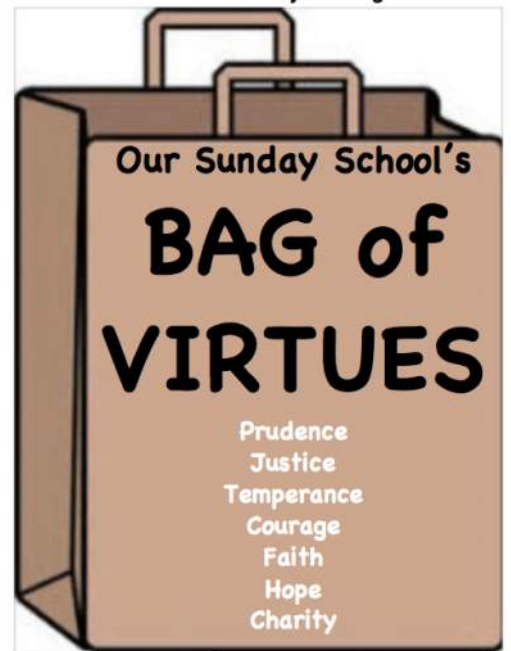
*The Bag of Virtues was designed to promote Sunday school attendance and create a dialogue between child and parent at home about the importance of good virtues, morals, and values.*

## Materials needed:

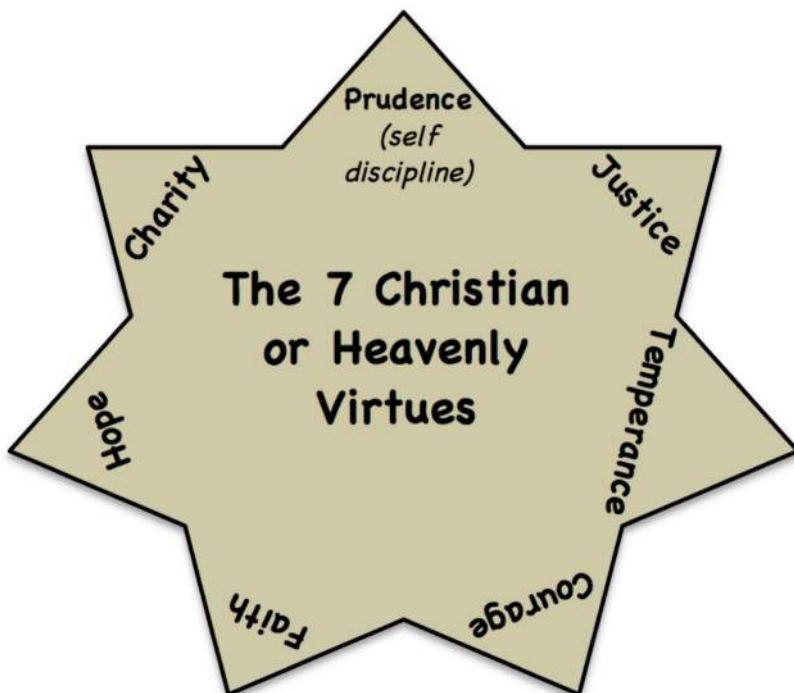
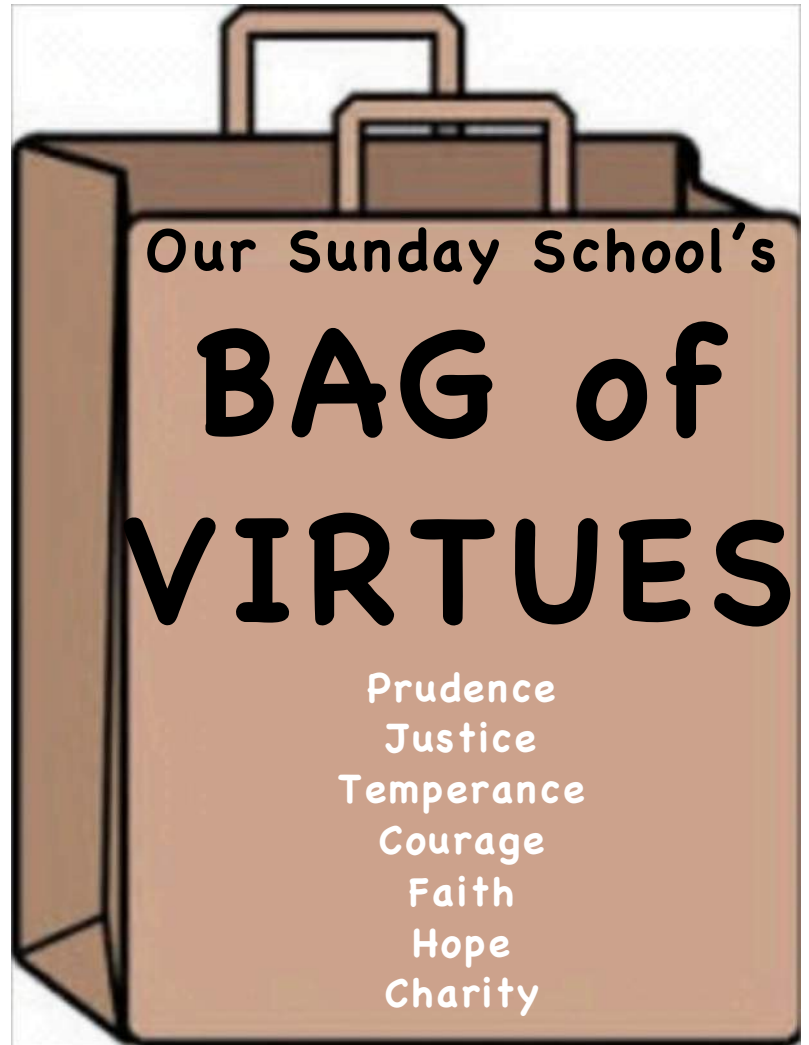
- Bag (a re-usable, cloth bag with handles is best)
- Journal or other blank notebook with lined paper
- Copy of “BOV Bag Decorations” (to follow)
- Copy of “BOV Journal Insert” (to follow)
- Copy of “BOV Directions” (to follow)

## Directions:

1. Cutout and attach the “BOV Decorations” to outside of your Bag.
2. Cutout and glue the “BOV Journal Insert” onto the inside front cover of Journal.
3. Place the Journal and “BOV Directions” inside the bag.
4. Review Directions with students.



**“BOV Decorations:”** *Cut out and attach to front and/or back of your bag.*

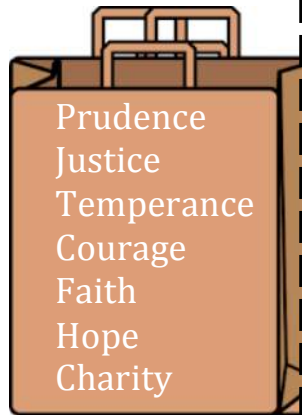


**“BOV Journal Insert:”** *Cut out and glue to inside front cover of Journal.*

## ***Congratulations!***

It is your turn to take home our **BAG OF VIRTUES** for the week.

Here's what to do:



- 1. REVIEW THE LIST OF VIRTUES** - As a family, discuss this list together. Brainstorm ways that these virtues can be practiced during the week at home, school, extracurricular activities, etc.

### **Parent:**

- Select 1 of the 7 virtues to focus on this week with your child.
- Discuss its meaning and give your child examples of ways they may practice it.
- Create an opportunity for your child to practice this virtue throughout the week.

*For example:*

- TEMPERANCE**
- Means the moderation in action, thought, or feeling; restraining oneself from negative actions; having self-control
- Temperance may be practiced by restraining from arguing with a sibling or having self control when eating unhealthy foods.

- 2. JOURNAL** - Go to the first blank page of the journal.

- **Student will write:**

- Their name and date
- 1 (*or more*) good deed he/she performed this week.

- **Parent will write/explain:**

- The virtue their child practiced
- The value of this experience for the child

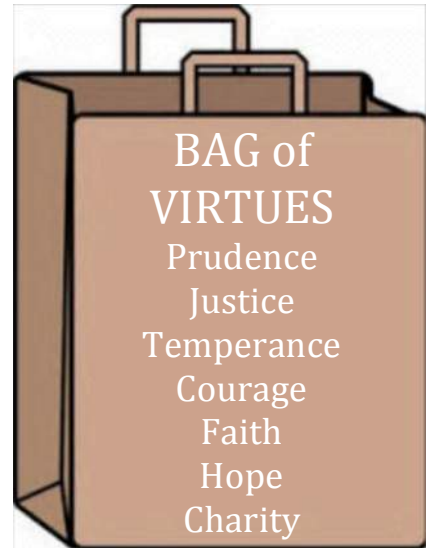
- 3. OPTIONAL** - Add some treats to the bag that reflect your experience and distribute to classmates on Sunday. Or bring something from home that is meaningful to you to share with your class.

- 4. RETURN** - Place everything back into the BAG OF VIRTUES and return with you to Sunday school next Sunday.

## “BOV Directions:”

### **Congratulations!**

It is your turn to take home our **BAG OF VIRTUES** for the week. Here’s what to do:



1. **REVIEW THE LIST OF VIRTUES** - As a family, discuss this list together. Brainstorm ways that these virtues can be practiced during the week at home, school, extracurricular activities, etc.

#### **Parent:**

- a) Select 1 of the 7 virtues to focus on this week with your child.
- b) Discuss its meaning and give your child examples of ways they may practice it.
- c) Create an opportunity for your child to practice this virtue throughout the week.

#### *For example:*

- a) **TEMPERANCE**
- b) Means the moderation in action, thought, or feeling; restraining oneself from negative actions; having self-control
- c) Temperance may be practiced by restraining from arguing with a sibling or having self control when eating unhealthy foods.

2. **JOURNAL** - Go to the first blank page of the journal.

- **Student will write:**

- Their name and date
- 1 (or more) good deed he/she performed this week.

- **Parent will write/explain:**

- The virtue their child practiced
- The value of this experience for the child

3. **OPTIONAL** - Add some treats to the bag that reflect your experience and distribute to classmates on Sunday. Or bring something from home that is meaningful to you to share with your class.

4. **RETURN** - Place everything back into the BAG OF VIRTUES and return with you to Sunday school next Sunday.

