The Power of Positive Language
For Strengthening Our Families
& Growing Great Kids

Always Speak the Language
of the Virtues

Set Clear Boundaries
Recognize Teachable Moments

Authority
Guide
Counselor

Honor the Spirit
Offer Companionsing

"It is easier to build strong children than to repair broken men."
~ Frederick Douglass

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- Oprah said of The Family Virtues Guide, "It's the instruction manual our kids didn't come with."
- Visit www.virtuesmatter.com to get update on the new virtues cards app.
- Email Scott at vtoons@theVchannel.com to request your copy of the Disney V Toons.
Virtues: The Gifts of Character

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

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1. **Speak the Language of Virtues**
   Language has the power to inspire or to discourage. Using virtues to acknowledge, guide, correct and thank awakens the best within us.

   *What are your strength virtues? What are your growth virtues?*

2. **Recognize Teachable Moments**
   Recognizing the virtues needed in daily challenges helps us to become lifelong learners open to the lessons of character.

   *What lessons are you learning at this time in your life?*

3. **Set Clear Boundaries**
   Boundaries based on respect and restorative justice create a climate of peace, cooperation and safety in our homes, schools and communities.

   *What boundaries do you have? What boundaries do you need?*

4. **Honor the Spirit**
   We sustain our vision and purpose by integrating virtues into our activities, surroundings, celebrations and the arts.

   *How do you honor your personal spirit and the spirit of your group?*

5. **Offer Companioning**
   Being deeply present and listening with compassionate curiosity guides others to find clarity and to create their own solutions.

   *How well do you listen to others, to yourself? What really needs to be heard?*
HOW TO SPEAK THE LANGUAGE OF VIRTUES

THERE ARE USUALLY THREE ELEMENTS OF A VIRTUES STATEMENT:

1) an opening phrase
2) a virtue
3) how the virtue is being shown or needs to be shown.

---TO ACKNOWLEDGE AND THANK---
When you see someone demonstrating a virtue, especially a growth virtue.

I acknowledge your
determination in completing this huge task.
generous of you to buy this gift.
reliability being on time everyday.
courage giving your presentation to the class.
flexibility leaving the house early with me today.

---TO GUIDE---
When you are inviting someone to call on a virtue.

Please be more
diligent in completing your homework.
respectful when listening to what each person says.
courageous and volunteer to tackle this project?
honest and tell me what is on your mind.
patience waiting until everyone sits down to eat.

---TO CORRECT---
After there has been a mistaken behavior & you are bringing someone back to a virtue.

Please be
reliable and come to home on time.
Remember to be responsible and put away your own laundry.
What would help you be purposeful and complete this task?
There needs to be justice What would be fair to both of you?
Please be orderly and put things back after using them.

Write your own virtues statement below. Check to see that it has all 3 elements.
RECOGNIZE TEACHABLE MOMENTS

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

Turn stumbling blocks into stepping stones, by taking personal responsibility to clear up mistakes, by being open to learning from challenges and by replacing shaming with naming virtues.

ACT with TACT is very useful in giving feedback to children and adults, in addressing goals or behaviors. It is a tool used by managers to give performance feedback to employees. In doing this, you are making a “positivity sandwich”. You are using the power of Virtues Language.

Always remember that humility is the goal, not humiliation.

What gift of character are we really calling people to when we say...

1. Why are you always late?
2. I have to do everything for you all!
3. Why are these toys all over the place?
4. This is unacceptable, do it again!

A. diligent/excellence
B. orderliness
C. reliability
D. helpfulness/independence

RENAMEING AND REFRAMING

1. Think of someone whose behavior challenges you. ____________________________

2. Rename their basic character trait as a virtue: ____________________________
   e.g. stubbornness = determination
   talking back = honesty
   TRAIT to VIRTUE

3. Identify the virtue you want to encourage them to practice. ____________________________

4. Put it in a positive sentence.
   “Javier, I hear your determination to working on your project.
   What will help you trust that it is time to go to sleep, which will give you more
   clarity to finish in the morning?”

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When You Thought I Wasn't Looking
by Mary Rita Schilke Korzan

When you thought I wasn't looking
You hung my first painting on the refrigerator
And I wanted to paint another.

When you thought I wasn't looking
You fed a stray cat
And I thought it was good to be kind to animals.

When you thought I wasn't looking
You baked a birthday cake just for me
And I knew that little things were special things.

When you thought I wasn't looking
You kissed me good-night
And I felt loved.

When you thought I wasn't looking
I saw tears come from your eyes
And I learned that sometimes things hurt— But that it's all right to cry.

When you thought I wasn't looking
You smiled
And it made me want to look that pretty too.

When you thought I wasn't looking
You cared
And I wanted to be everything I could be.

When you thought I wasn't looking— I looked...
And wanted to say thanks
For all those things you did
When you thought I wasn't looking