



DISCIPLE *of* CHRIST

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EDUCATION IN VIRTUE®

**CAUGHT  
PRACTICING  
VIRTUES  
BOOKMARK**

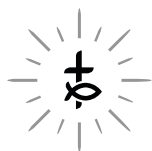
# How to use CAUGHT PRACTICING VIRTUE BOOKMARKS

## Instructions for Bookmarks

Use the Virtue Cards to teach the students about the virtues.

- As the students learn the virtues, they will be able to see what it ‘looks like’ and ‘sounds like’ in other people.
- On the bookmark, they will write the name of the person, the virtue and how they have witnessed it practiced.
- The bookmark will be given to the person.
  
- Print out bookmarks on card stock or regular copy paper.
- Place them in a central location in the classroom.
- Set aside a time for the whole class to work on a bookmark for another person.

These are a few ideas to get you started. Transform your home, office or school by spreading positive messages to those around.



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Have I caught  
anyone practicing  
virtue?

**I SAW...**

I saw \_\_\_\_\_

practicing the virtue of \_\_\_\_\_

when he/she said, \_\_\_\_\_

\_\_\_\_\_

(sign name)

**I HEARD...**

I heard \_\_\_\_\_

practicing the virtue of \_\_\_\_\_

when he/she said, \_\_\_\_\_

\_\_\_\_\_

(sign name)

**Names of my classmates...**

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when he/she said, \_\_\_\_\_

\_\_\_\_\_

(sign name)

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practicing the virtue of \_\_\_\_\_

when he/she said, \_\_\_\_\_

\_\_\_\_\_

(sign name)

**Names of my classmates...**

## Prudence—thinking before actions

**CIRCUMSPECTION** - THINKING OF THE CONSEQUENCES OF ONE'S ACTIONS

**DOCILITY** - WILLINGNESS TO BE TAUGHT

**FORESIGHT** - THINKING AHEAD

## Justice—to give God and others what is due to them (love)

**AFFABILITY** - BEING FRIENDLY ☺

**COURTESY** - TREATING OTHER PEOPLE WITH RESPECT

**GENEROSITY** - GIVING (THINGS, YOUR TIME, YOURSELF)

**GRATITUDE** - BEING THANKFUL, SAYING THANK YOU

**KINDNESS**- RECOGNIZING THE NEEDS OF OTHERS & HELPING THEM

**LOYALTY** - DEFENDING THE VIRTUES UPHELD BY CHURCH, FAMILY & COUNTRY

**OBEDIENCE** - JOYFULLY & PROMPTLY DOING WHAT YOU ARE TOLD TO DO

**PATRIOTISM** - HONORING ONE'S COUNTRY

**PRAYERFULNESS** - LISTENING/TALKING TO GOD

**RESPECT** - SPEAKING & ACTING IN A MANNER THAT IS APPROPRIATE

**RESPONSIBILITY** - REMEMBERING TO DO THINGS ASKED OF YOU

**SINCERITY** - TRUTHFULNESS IN WORDS & ACTIONS

**TRUSTWORTHINESS** - BEING RELIABLE

## Fortitude—help one endure difficulties or pain for the sake of what is good

**INDUSTRIOUSNESS** - HARD-WORKING

**MAGNANIMITY** - WANTING TO DO GREAT THINGS FOR GOD, MAKING A SACRIFICE, TELLING OTHER PEOPLE ABOUT GOD

**MAGNIFICENCE** - DOING MORE THAN HAVE TO, MAKING A SACRIFICE, VOLUNTEERING

**PATIENCE** - WAITING CALMLY

**PERSEVERANCE** - KEEP TRYING

## Temperance—helps one be moderate in pleasure and use of created goods

**HONESTY**- TELLING THE TRUTH

**HUMILITY**- RECOGNIZING THE GOOD IN YOURSELF & OTHERS; COMPLIMENTING

**MEEKNESS** - CALMLY FOCUSING ON THE NEEDS OF OTHERS

**MODERATION** - MAKING TIME FOR NECESSARY THINGS EACH DAY; HAVING BALANCE

**MODESTY** - PURITY IN DRESS & SPEECH

**ORDERLINESS**- KEEPING ONESELF & OTHER THINGS CLEAN & IN ORDER

**SELF-CONTROL**- CONTROLLING ONESELF

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