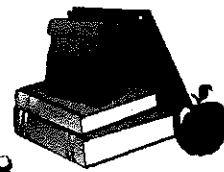


# Humility



## What is Humility?

When you are humble you don't act as if you are more important than other people. You are happy to serve others and think other people's needs are important. You don't expect others or yourself to be perfect. You don't criticize others or yourself. You admit mistakes and learn from them. Sometimes mistakes are our best teachers.

## Why Practice It?

Without humility, people act as if what they have to say and do is much more important than what anyone else is saying or doing. With humility, instead of comparing ourselves to others, we are grateful for what we can do. Humility helps you to keep learning. It helps you to treat others as equals, different yet equal. Humility can keep you free from prejudice.



## How Do You Practice It?

To practice humility, don't worry about impressing other people. Just be yourself and do your best. Instead of worrying over failures or mistakes, be eager to learn from them. Ask for help when you need it. When you are wrong, admit it, and then change your behavior. Strive to be a little better today than you were yesterday. When you do something wonderful, humility reminds you to be thankful instead of boastful.

The Virtues Project



## What would Humility look like If...

- You notice that you can run much faster than your friend?
- You notice that your friend usually gets better marks than you?
- You make a big mistake and hurt someone's feelings?
- Your brother does a chore and you think he could have done a better job?
- You have a habit you feel ashamed of?
- You have a problem that you cannot solve?

## Signs of Success

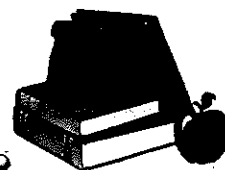
Congratulations! You are practicing Humility when you...

- Consider the needs of others as important as your own.
- Apologize and make amends when you hurt others.
- Learn from your mistakes and keep changing for the better.
- Ask for help when you need it.
- Are doing your best just to do it, not to impress anyone.
- Are grateful instead of boastful.

## Affirmation

*I am humble. I learn from my mistakes. I do not judge others or myself. I value my ability to keep growing and learning.*

# Activities with Humility



## Humble Tea

Have a tea party and have people take turns serving one another.



## Virtues Reflection Questions

- What is one of the “best” mistakes you ever made – one that taught you the most.
- How can you show humility when you hurt someone else’s feelings?
- Name three ways to make a true apology.
- What helps you to accept your mistakes and move on?
- Name two things you could do to be of service to someone in your family.
- What does it feel like to be criticized and blamed?
- What does it feel like to be around someone who always thinks they know more than you?
- What does it feel like to hide a mistake you have made?
- What would give you the courage to admit it and make amends?



## Drawing Humility

Draw a picture of a team of athletes who have won a game, being thankful and sharing their happiness together.



## Poster Points

- Free to be you and me.
- Learning life’s lessons.
- Looking for the teachable moments.
- Willing to keep learning.



## Quotable Quotes

*“The life which is not examined is not worth living.”* Plato

*“No one is better than anyone else, and no one really believes that.”* Tolbert McCarrol

*“We come nearest to the great when we are great in humility.”* Rabindath Tagore

*“Humility is to make a right estimate of one’s self.”* Charles Haddon Spurgeon

*“The first test of a really great man is his humility.”* John Ruskin