

LOVE

JANUARY-FEBRUARY 2019

We will examine the ways we can practice the Virtue of LOVE, however from a slightly different perspective: we will be looking at ways we can encourage 'self-love' in our students. In our assembly and during Virtue Buddy readings, the following is a summary of the subjects covered:

- We do not dwell on our mistakes and what others will think of us, but instead recognize that everyone makes mistakes. We forgive ourselves, learn from them and move on with our lives.
- We act in a way that makes us proud of ourselves; we do this by making an effort to practice our virtues daily.
- We accept that each of us is unique and therefore accept ourselves for who we are and how we look, rather than compare ourselves to others.
- We do what we want, rather than submitting to peer pressure, and what we know is right for us.
- We strive to practice assertiveness, so that we can do what we want and what is right for us.
- We remain true to ourselves and our beliefs.
- We accept that sometimes personalities clash, and that not everyone is going to love, or occasionally, even like us, just as we do not love, or occasionally, like everyone. Towards these people in our lives however, we can still consistently practice courtesy.

We will emphasize to our students that it is as important that they treat themselves in the same way that they are encouraged to treat others....with forgiveness, acceptance and love.

Our quote of the month:

Learn to love ourselves!

*Mme Choinière
Spiritual Animator*