



THE V CHANNEL
INSPIRING KIDS TO BE THEIR "BEST"



A simple and fun way to teach kids virtues.

Celebrating Martin Luther King Jr.

The V Channel engages and informs parents, teachers and coaches about the power of virtues and produces creative learning material that inspires kids to be their "Best."

Learn more at theVchannel.com.

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To request "V" TOONS or for information and questions email us at vtoons@theVchannel.com.

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Be your "BEST" with Virtues.

WHAT ARE "VIRTUES"?

Virtues are the character strengths within everyone.

Virtues form and define character, empowering kids of all ages to flourish as human beings and be their "Best."

When kids understand virtues they activate an inner compass that guides them when faced with decisions between right and wrong, good from bad, or when they find themselves experiencing personal challenges and difficulties.

Virtues empower kids to:

- Overcome adversity and achieve their goals and dreams
- Rise above negative influences to stay healthy and wholesome
- Grow up to be kind, honest and trustworthy adults
- And much more!

Learn more about virtues at theVchannel.com.



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"IDEALISM"

Being an idealist means believing in making the world a better place.

A person with "high ideals" is someone who really cares about what is right and meaningful in life.

When we practice idealism, we have beliefs that mean something to us and we follow them. We don't just accept things the way they are. We don't ignore problems when we see them, such as people going hungry or someone being treated unjustly.

When we are practicing idealism, we dare to have big dreams and then act as if they are possible.



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"IDEALISM"

What would Idealism look like if...

- You would like to see your school free of prejudice?
- People tell you your dream is impossible?
- You want to make the ideal gift for your mother?
- You feel somewhat hopeless about achieving a goal?
- You don't know what you really care about?
- You have a dream of becoming a great musician or athlete?

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"JUSTICE"

Justice is standing up
for your rights and the
rights of other people.

Practicing justice is being fair in everything we do.
It is seeing with our own eyes and not judging something
or someone by what other people tell us.

Without justice, people get away with hurting or taking
advantage of others, and keep on doing it.

When justice is practiced, everyone has a fair chance
to be seen for who they are. If someone is accused of
something, they get a chance to tell their side. With
justice, everyone gets a fair trial.



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"JUSTICE"

What would Justice look like if...

- You are with a group and they start to gossip?
- Everyone is teasing a child who looks different?
- Someone makes a remark to you about people of another race?
- An older child keeps getting rough with you?
- Something is missing from your room and you think your brother took it?
- You are teasing someone and cause their lunch to fall on the floor?

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"CONFIDENCE"

When you are confident
you don't allow doubt or fear
stop you.

When you have self-confidence you trust that you have what it takes to handle whatever happens in life. You know you are worthwhile whether you win or lose, succeed or fail.

Without confidence, you feel worried and uncertain, and afraid of making a mistake.

With confidence, you think positively and you try new things and learn all the time.



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"CONFIDENCE"

What would Confidence look like if...

- You are asked to give a speech in front of your class?
- Your friends invite you to play a game you have never played before?
- Your try out for a sport and don't get picked?
- You received a very low score on a math test?
- You see someone with lots of friends and wish you were one of them?

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"COURAGE"

**Courage helps us to stand up
for what we know is right.**

Courage is personal bravery in the face of fear. It is doing what needs to be done even when it is really hard or scary.

Courage is going ahead even when we feel like giving up.
Courage is needed in trying new things.

Without courage, fear would be in charge. People would only do what is easy. Everyone would do what everyone else is doing, even if they knew it was wrong.

Courage helps us to do great things.



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"COURAGE"

What would Courage look like if...

- You are asked to speak at a school assembly?
- All your friends want you to try something, like stealing or smoking, and you feel it is wrong?
- You see another child being teased or hurt by other children?
- You do something you are sorry for, like breaking one of your mother's plates and no one knows who did it?
- You want to learn a new sport, like swimming, but it is scary?

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"CARING"

Caring makes the world a better place to live in.

Caring is giving love and attention to people and things that matter to us. We can show we care about someone by saying and doing things that help them. We can care for ourselves, for others, for a pet or a special cause like equal rights for all people.

Caring people help others feel less alone. They help people when they are hurt, or sick, or weak, not because they have to or because it is their job. They care because other people matter to them. Caring people treat everyone with the love, respect, and concern they deserve. Caring begins by loving and respecting ourselves.



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"CARING"

What would Caring look like if...

- You are doing a chore for your family?
- You notice that one of your friends looks sad?
- You come home after school and start talking to your mother?
- It is your job to take care of a pet?
- You are doing a school assignment?
- You feel upset about something that is hard to talk about?

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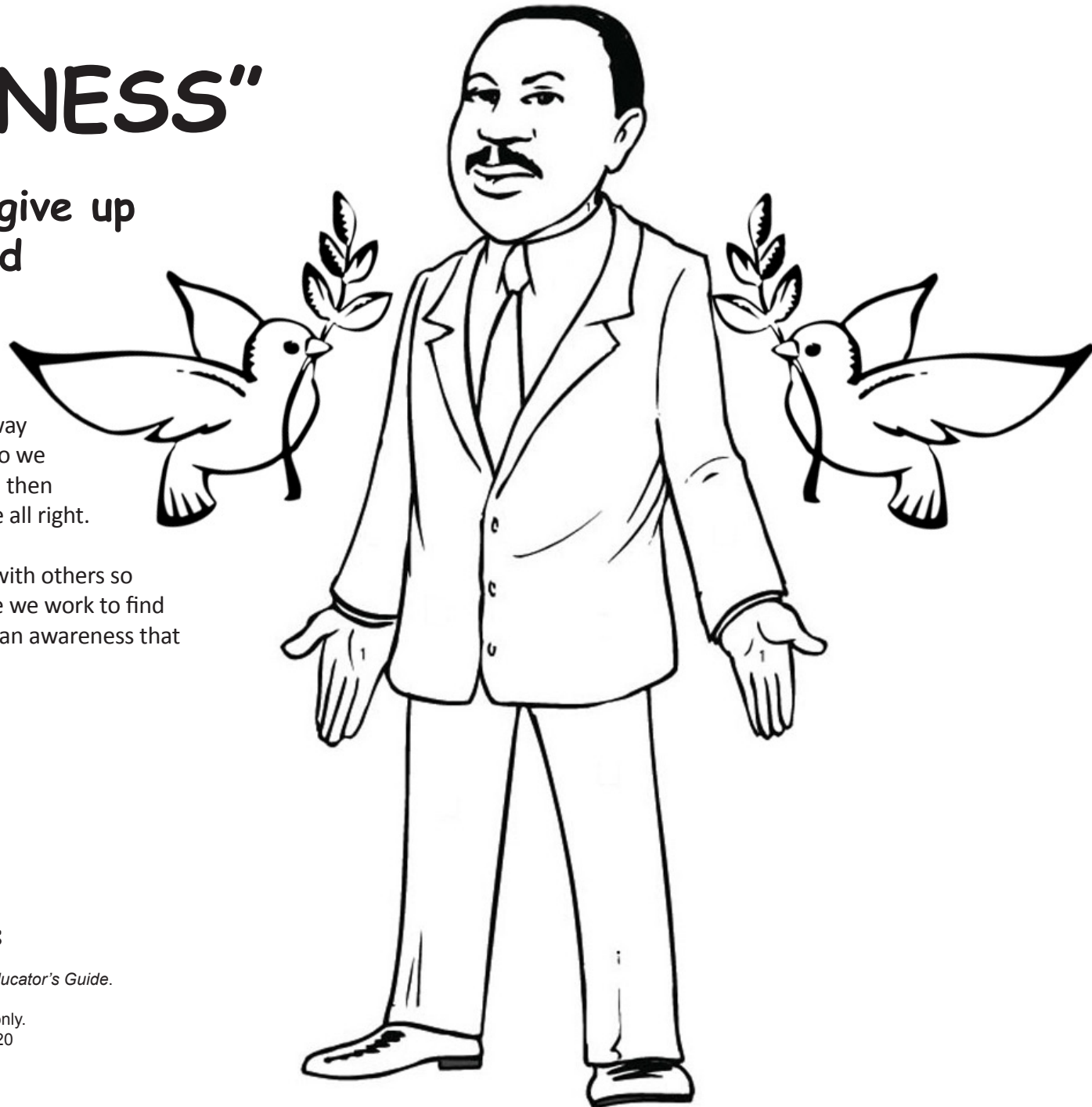
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"PEACEFULNESS"

Peace comes when we give up violence, prejudice, and thinking of others as enemies.

Peacefulness is an inner sense of calm. It is a way of becoming very quiet and looking at things so we can understand them. It is facing our fears and then letting them go. It is trusting that things will be all right.

Peacefulness is a way of approaching conflict with others so no one is made wrong. Everyone wins because we work to find a peaceful solution. Peacefulness comes from an awareness that all human beings are part of one family.



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"PEACEFULNESS"

What would Peacefulness look like if...

- Your brother bursts into your room and steps on a model or painting you just finished?
- There are students of another race and religion in your class and some of the classmates are making fun of them?
- You start to worry about a problem and find it is on your mind all the time?
- You feel really angry about someone treating you unfairly?
- Some children start to tease you and asking you to fight?

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"UNITY"

Unity brings peace.

Unity is a very powerful virtue, and it brings great strength. When we practice unity, we value what each part brings to the whole. With unity we can strive for harmony with our family at home and our human family around the world.

Through the power of unity we can solve conflicts. We can discover a new idea or solution that meets everyone's needs. We can find common ground. Unity is a force so powerful it can light up the world and bring an end to war. With unity we can become a peacemaker wherever we go.



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"UNITY"

What would Unity look like if...

- You see a student in your school who wears a special head-dress or clothing in obedience to his religion?
- You notice that all your friends toss their trash into the creek?
- You become angry with a brother or sister and feel like sayful hurtful things?
- You overhear someone teasing a child of a different race and calling her names?
- The teacher gives you an assignment to do with a group?

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Virtues from “A” to “Z”

Go to theVchannel.com/vtoons to download free print PDFs.

“Assertiveness”

“Caring”

“Cleanliness”

“Compassion”

“Confidence”

“Consideration”

“Courage”

“Creativity”

“Detachment”

“Determination”

“Enthusiasm”

“Excellence”

“Endurance”

“Flexibility”

“Forgiveness”

“Friendliness”

“Faith”

“Generosity”

“Gentleness”

“Helpfulness”

“Honesty”

“Honor”

“Humility”

“Hope”

“Idealism”

“Joyfulness”

“Justice”

“Kindness”

“Love”

“Loyalty”

“Mercy”

“Moderation”

“Modesty”

“Obedience”

“Orderliness”

“Patience”

“Peacefulness”

“Purposefulness”

“Reliability”

“Respect”

“Responsibility”

“Reverence”

“Self-Discipline”

“Service”

“Steadfastness”

“Tact”

“Thankfulness”

“Tolerance”

“Trustworthiness”

“Truthfulness”

“Unity”

“Zeal”



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