



Learning About Virtues is Easy and Fun!



1

Download and print the
"V"TOONS Coloring Pages.



2

Read about the virtues while your
kids have fun coloring "V"TOONS.



3

Display "V"TOONS as a daily
reminder that virtues empower kids
to be their "Best."

Learn more at theVchannel.com/vtoons



THE V CHANNEL.COM
INSPIRING KIDS TO BE THEIR "BEST"

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"V"TOONS™ SUPERHEROES COLORING PAGES

**Virtues are the Superpowers
within everyone!**

When kids understand virtues they tap into character strengths that guide them when faced with decisions between right and wrong, good from bad, or when they find themselves experiencing personal challenges and difficulties.

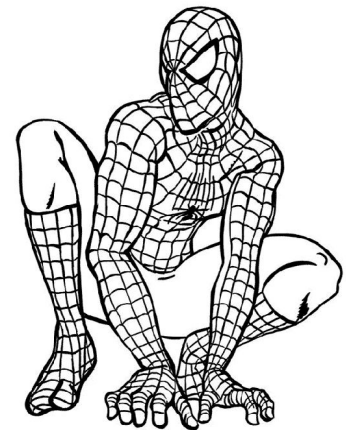
Virtues empower kids to:

- Overcome adversity and achieve their goals
- Rise above negative influences
- Be kind, honest and trustworthy
- And much more!

Learn more at theVchannel.com



Kids love Superheroes!



Kids need Virtues!

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Virtues From "A" to "Z"

Acceptance	Enthusiasm	Idealism	Reliability
Assertiveness	Excellence	Joyfulness	Respect
Caring	Flexibility	Justice	Responsibility
Cleanliness	Forgiveness	Kindness	Self-Discipline
Compassion	Fortitude	Love	Tact
Confidence	Friendliness	Loyalty	Thankfulness
Consideration	Generosity	Modesty	Tolerance
Courage	Gentleness	Obedience	Trustworthiness
Courtesy	Helpfulness	Orderliness	Truthfulness
Creativity	Honesty	Patience	Understanding
Detachment	Hope	Peacefulness	Unity
Determination	Humility	Purposefulness	Zeal



Virtues are the Superpowers within everyone! —THANOS

ACCEPTANCE

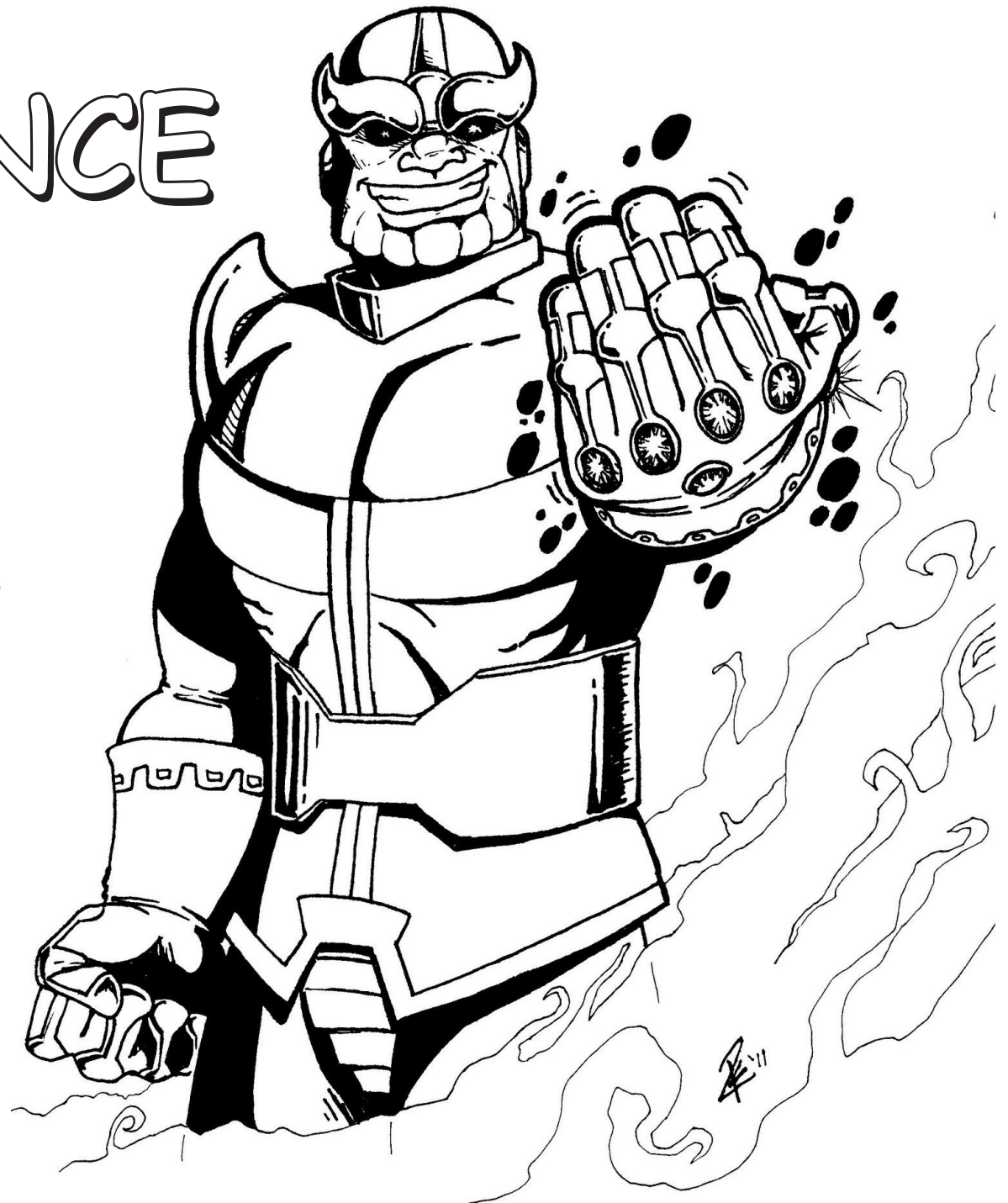
Acceptance is being open to what is rather than wishing something were different.

Acceptance means we face the truth in all circumstances with honesty and courage.

Acceptance helps us to tap into our flexibility around tests and difficulties, gather the lessons from the situation, and move forward with new information. We look to the qualities of character in ourselves and others, and avoid judgment and criticism.

Learn more at theVchannel.com/Acceptance

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You are practicing
ACCEPTANCE
when you...

- Receive the tests and difficulties in your life with flexibility and understanding
- Accept the things you cannot change
- Trust there is some good in everything that happens
- Accept your family and friends for who they are
- Trust you are 100% lovable and worthy

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What does **Acceptance** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —WONDER WOMAN

ASSERTIVENESS

Assertiveness is expressing your own ideas, opinions, and talents.

Being assertive means to be positive and confident. You give 100% in everything you do.

When you have ideas, you speak out, even if you feel shy.

When you are assertive, you think for yourself. You show the strength not to let others hurt you or influence you in negative ways. You don't let people bully or hurt you.

Being assertive does not mean you control things or always get your own way.

Learn more at theVchannel.com/Assertiveness

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You are practicing
ASSERTIVENESS
when you...

- Think for yourself
- Share your own ideas and feelings
- Tactfully tell others what you really think
- Choose not to allow others to lead you into trouble
- Ask for what you want and need
- Expect respect at all times

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What does **Assertiveness** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —THE FLASH

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 care for ourselves, our family and friends, our pets, or a special cause.

Caring is helping people when they are hurt, or sick, or weak, not because you have to but because other people matter to you.

Learn more at theVchannel.com/Caring

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You are practicing
CARING
when you...

- Treat others, yourself and the earth with care
- Look at people and listen closely
- Handle things carefully
- Are gentle and loving with anyone or anything placed in your care
- Treat your body with respect
- Work with enthusiasm and excellence



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What does **Caring** look like to you?
Draw and color a picture here ↓

Virtues are the Superpowers within everyone! —WHYATT BEANSTALK

CLEANLINESS

Cleanliness can be in your mind as well as your body.

Cleanliness means washing often, keeping your body clean, and wearing clean clothes. When you practice cleanliness you feel (and smell!) fresh.

Cleanliness means keeping your room neat and clean. It also means putting only healthy things in your body.

A clean mind means that you keep your thoughts on things that are good for you. Cleanliness is “wiping the slate clean” and starting over when you want to improve yourself.

Learn more at theVchannel.com/Cleanliness

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You are practicing
CLEANLINESS
when you...

- Keep your body fresh and clean
- Put things away after you use them
- Help keep your home neat and clean
- Put only healthful things in your body
- Use clean language
- Clean up your mistakes

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What does **Cleanliness** look like to you?
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Virtues are the Superpowers within everyone! —LEGO ROBIN

COMPASSION

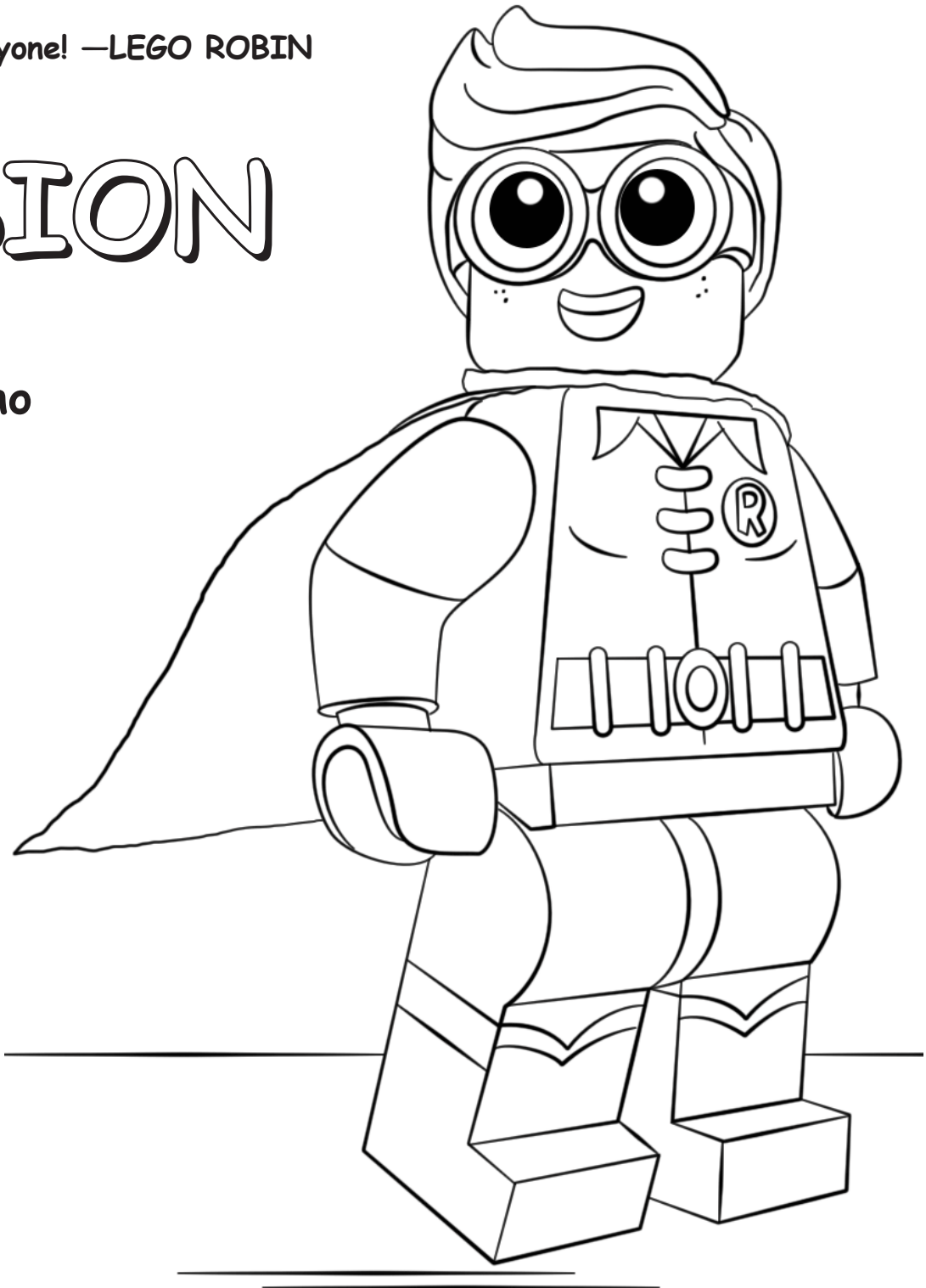
Compassion is having kind feelings toward someone who is hurt or troubled.

Compassion is caring deeply and wanting to help someone, even if you don't know them.

Being compassionate begins by noticing when someone seems sad or troubled. Put yourself in their place and ask how you would feel if it were happening to you.

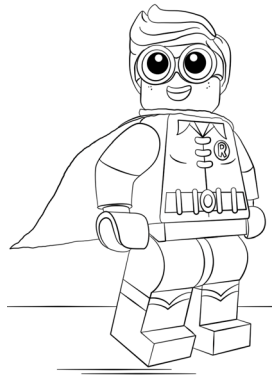
Compassion is forgiving others when they make a mistake. We can even have compassion for ourselves.

Learn more at theVchannel.com/Compassion



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You are practicing
COMPASSION
when you...

- Notice when someone is hurt or needs a friend
- Imagine how they must be feeling
- Take time to show that you care
- Ask how they are and listen patiently
- Forgive others when they make mistakes
- Do some service to help a person or an animal

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What does **Compassion** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —CAPTAIN AMERICA

CONFIDENCE

With Confidence, you try new things and learn all the time.

When you have self-confidence you don't allow doubt or fear to stop you. You think positively and trust that you have what it takes to handle whatever happens in life.

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

Always remember, you are worthwhile whether you win or lose, succeed or fail.

Learn more at theVchannel.com/Confidence



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You are practicing
CONFIDENCE
when you...

- Remember that you are worthwhile whether you succeed or fail
- Are willing to try new things
- Discover your talents
- Learn from your mistakes
- Are free of worry
- Think positively

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What does **Confidence** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —WOLVERINE

CONSIDERATION

Consideration is giving thought to the needs of others.

Consideration is having regard for other people and their feelings. It is paying attention to what other people like and don't like, then doing things that give them happiness. It is asking yourself things like "Will this hurt or disturb someone else?"

Consideration is noticing if someone is sad. You put yourself in their position and think about what you would need from a friend.

Learn more at theVchannel.com/Consideration

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You are practicing
CONSIDERATION
when you...

- Respect other people's needs and feelings
- Consider others' needs as important as your own
- Stop and think how your actions will affect others
- Put yourself in other people's shoes
- Think of little things to bring others happiness

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What does **Consideration** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —BLACK PANTHER

COURAGE

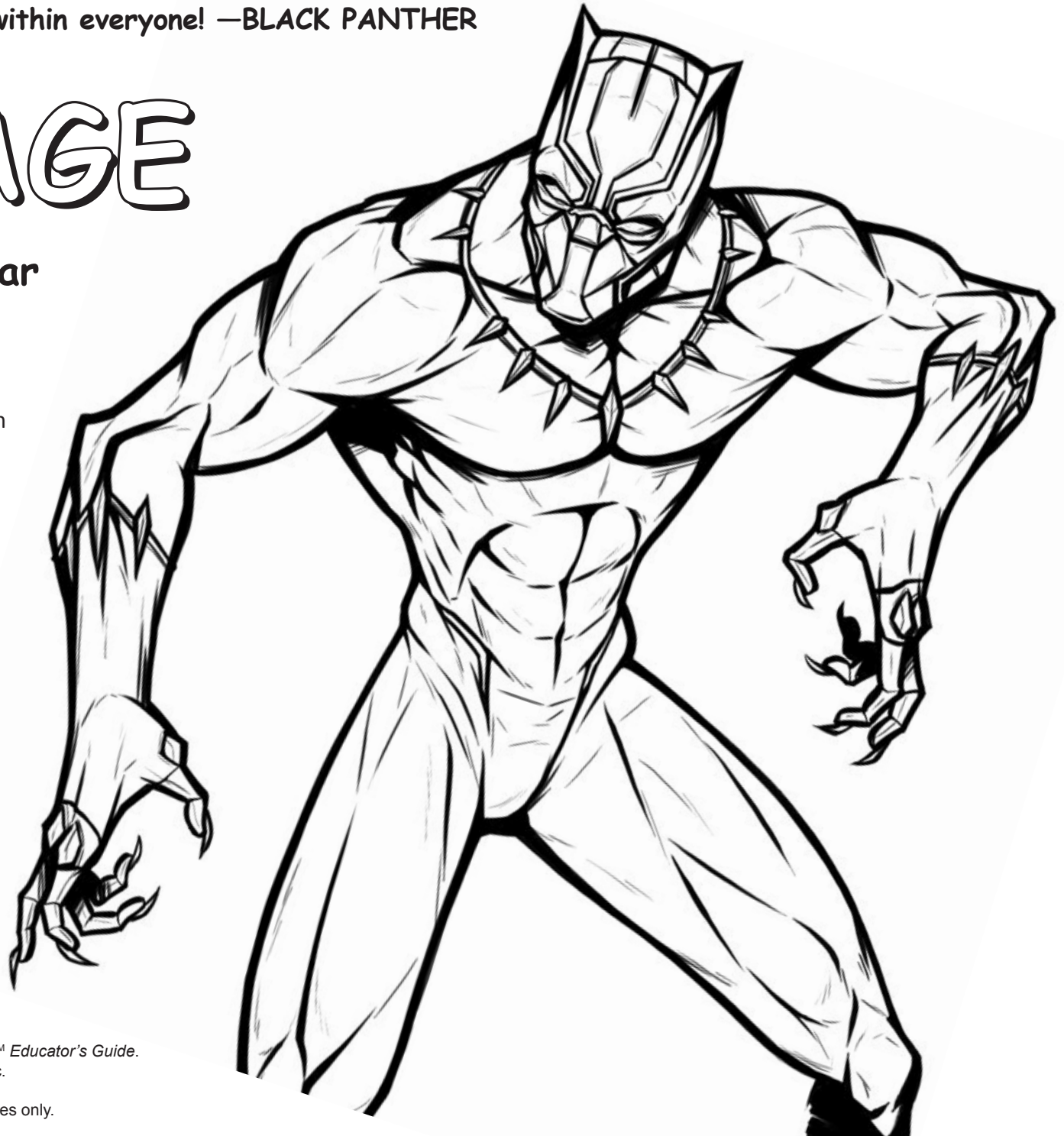
**Without Courage, fear
would be in charge.**

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 helps us to stand up for what we know is right. Without courage, people would only do what is easy. Everyone would do what everyone else is doing, even if they knew it was wrong.

Learn more at theVchannel.com/Courage



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You are practicing
COURAGE
when you...

- Do what is right for you even when it is hard or scary
- Admit mistakes and learn from them
- Are willing to try new things
- Find courage in your heart even if others laugh at you or call you names
- Go ahead and do something you want to do even if you still feel afraid



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What does **Courage** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —SUPERMAN AND FLASH

COURTESY

**You practice Courtesy
by learning polite ways
to speak and act.**

Courtesy is to be polite and have good manners.

"Please," "Thank you," "Excuse me," and "You're welcome" are not just words. They are courteous expressions that let people know you appreciate them and care about their feelings.

Being courteous to your parents, teachers and elders is especially important. It shows them that you respect them.

Learn more at theVchannel.com/Courtesy



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You are practicing
COURTESY
when you...

- Treat others as if you value and respect them
- Think about how your actions affect others
- Remember to treat elders, parents, and teachers politely
- Eat, speak, and move graciously
- Make requests instead of demands
- Greet people with a smile

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What does **Courtesy** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —KEVIN THE MINION

CREATIVITY

Creativity is expressing new ideas and inventions.

Creativity means doing things your own way rather than copying other people. You can create new kinds of music, dance and art.

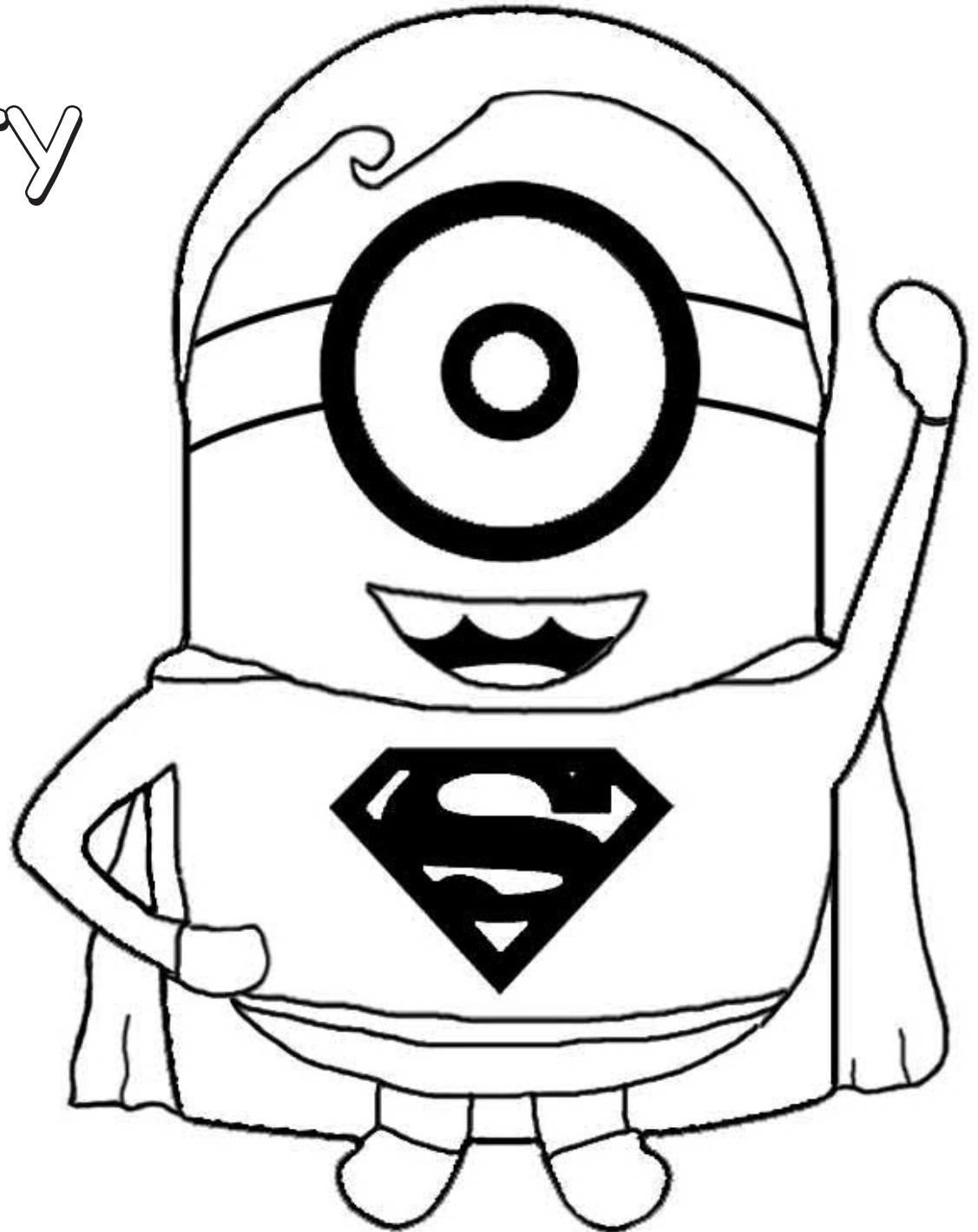
Creativity is the power of imagination. It is seeing old things in new ways, doing things in a way that has not been done before.

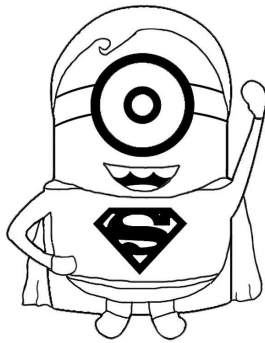
Creativity is a way to use your special gifts to serve the world.

Learn more at theVchannel.com/Creativity

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You are practicing
CREATIVITY
when you...

- Discover your gifts
- Use knowledge and training to develop them
- Think of new ways to make things work better
- Use your imagination
- Take time for dreaming
- Do things in your own creative way



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What does **Creativity** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —BATMAN

DETACHMENT

Detachment is using thinking and feeling together, so you can make smart choices.

Detachment is experiencing your feelings without allowing your feelings to control you. It is choosing how you will act in a situation rather than just reacting.

Without detachment, you let your feelings control you. Anger can pop out without warning

Whenever you have a strong feeling about something or someone, stop and ask yourself “What am I feeling?” and “What do I really want to do?”

Learn more at theVchannel.com/Detachment

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You are practicing
DETACHMENT
when you...

- Take time out before doing something you would be sorry for
- Look at your feelings before deciding how to act
- Use thinking and feeling together
- Act instead of react
- Reflect before taking action
- Choose to do what is right



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What does **Detachment** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —THING

DETERMINATION

**With Determination, we can
make our dreams come true.**

Determination is using our will power and focusing our efforts on a task and sticking with it until it is finished.

Determination means we never give up. We meet our goals. Even when it is really hard, we still keep going.

Determination empowers us do things that make a difference in the world.

Learn more at theVchannel.com/Determination



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You are practicing
DETERMINATION
when you...

- Believe what you are doing is important
- Set goals for yourself
- Focus your attention on what you are doing
- Resist being distracted
- Keep going if it gets difficult
- Ask for help when you need it
- Finish what you start

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What does **Determination** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —ASTROBOY

ENTHUSIASM

**Enthusiasm is being filled
with a positive spirit.**

Enthusiasm is doing something wholeheartedly, with zeal and eagerness. It is giving a hundred percent to what you do, holding nothing back. Being enthusiastic is being excited about something, looking forward to it.

Enthusiasm is not something you do but the way you go about doing it. You can be enthusiastic about going to school, taking out the garbage, or going fishing.

Enthusiasm is when you bring cheerfulness to whatever you do and give it your best.

Learn more at theVchannel.com/Enthusiasm

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You are practicing
ENTHUSIASM
when you...

- Let yourself enjoy looking forward to something
- Think of imaginative ways to get things done
- Do things wholeheartedly
- Smile, laugh and enjoy what you do
- Enjoy the wonders of life
- Are full of positive spirit



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What does **Enthusiasm** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —HAWKEYE

EXCELLENCE

Excellence is the key to success.

Excellence is doing your best and giving your all to any task you do, relationship you have, sport you play or activity you participate in.

Doing your best helps you find out what talents you have. You may discover something no one has ever thought of before.

When you practice excellence you learn from your mistakes, so you can do better next time. Day by day, you strive to improve.

Learn more at theVchannel.com/Excellence

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You are practicing
EXCELLENCE
when you...

- Give your best to whatever you do
- Give your best to relationships
- Set noble and realistic goals
- Remember to plan and practice
- Don't try to do everything

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What does **Excellence** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —MR. FANTASTIC

FLEXIBILITY

Flexibility is being open to change.

Flexibility means not always having it your own way. It is being open to the opinions and feelings of others. With flexibility, you are willing to change your mind.

Without flexibility, people become rigid. They get angry and upset when things don't go their way.

When you are flexible, you adjust and adapt. You "Go with the flow" and keep making positive changes.

Learn more at theVchannel.com/Flexibility

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You are practicing
FLEXIBILITY
when you...

- Are willing to change bad habits
- Try imaginative new ways of doing things
- Don't insist on always getting your own way
- Can adjust when something unexpected happens
- You "Go with the flow" and keep making positive changes

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What does **Flexibility** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —INVISIBLE WOMAN

FORGIVENESS

Forgiveness means you give someone another chance.

Forgiving someone does not mean that all of a sudden you do not feel hurt or that the wrong choice they made was right. It means that you find it in your heart to give the person another chance.

You can even forgive yourself and stop punishing yourself or feeling hopeless because you made a mistake. Forgiveness is moving ahead, ready to do things differently, with compassion for yourself and faith that you can change.

Learn more at theVchannel.com/Forgiveness

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You are practicing
FORGIVENESS
when you...

- Remember that everyone makes mistakes
- Take responsibility for your own mistakes
- Share your feelings and tell someone how you feel rather than take revenge
- Accept people without judgement or criticism
- Correct your mistakes instead of punishing yourself with guilt

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What does **Forgiveness** look like to you?
Draw and color a picture here ↓

Virtues are the Superpowers within everyone! —CAPTAIN MARVEL

FORTITUDE

**Fortitude is the will to endure
no matter what happens.**

Things don't always go as we hope for in life.
We all have times when we face obstacles and
experience setbacks, failure and loss.

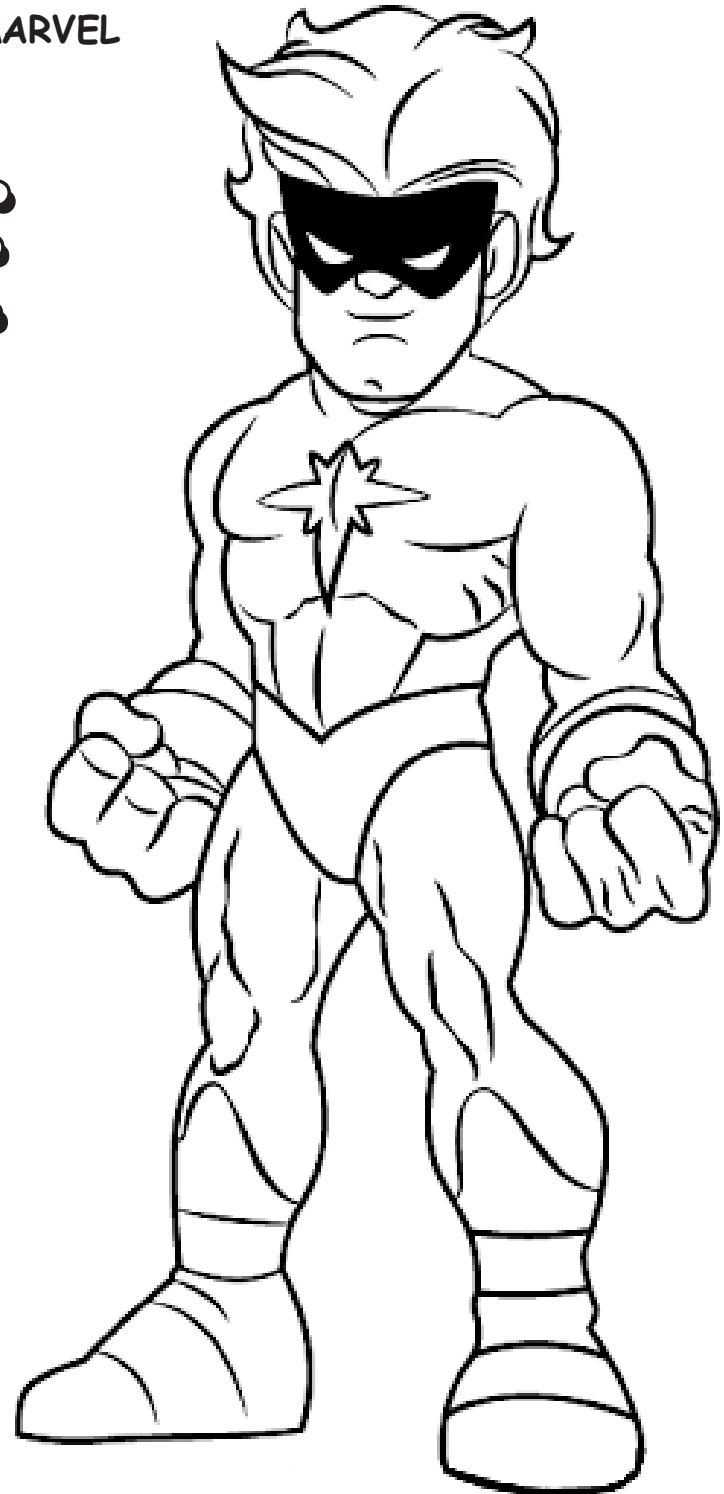
Fortitude grows when we face our pain and
adversity with courage and patience, to keep our
goals and dreams alive.

Fortitude is strength of character. It keeps us going
when times get tough.

Learn more at theVchannel.com/Fortitude

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You are practicing
FORTITUDE
when you...

- Have the will to survive, no matter what
- Have the patience to stick out a challenging situation
- Remind yourself of goals and dreams
- Believe that whatever life brings you makes you stronger
- Allow others to help you so you can keep going, even when it's hard



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What does **Fortitude** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —THE POWERPUFF GIRLS

FRIENDLINESS

**Without Friendliness
we would find ourselves
all alone.**

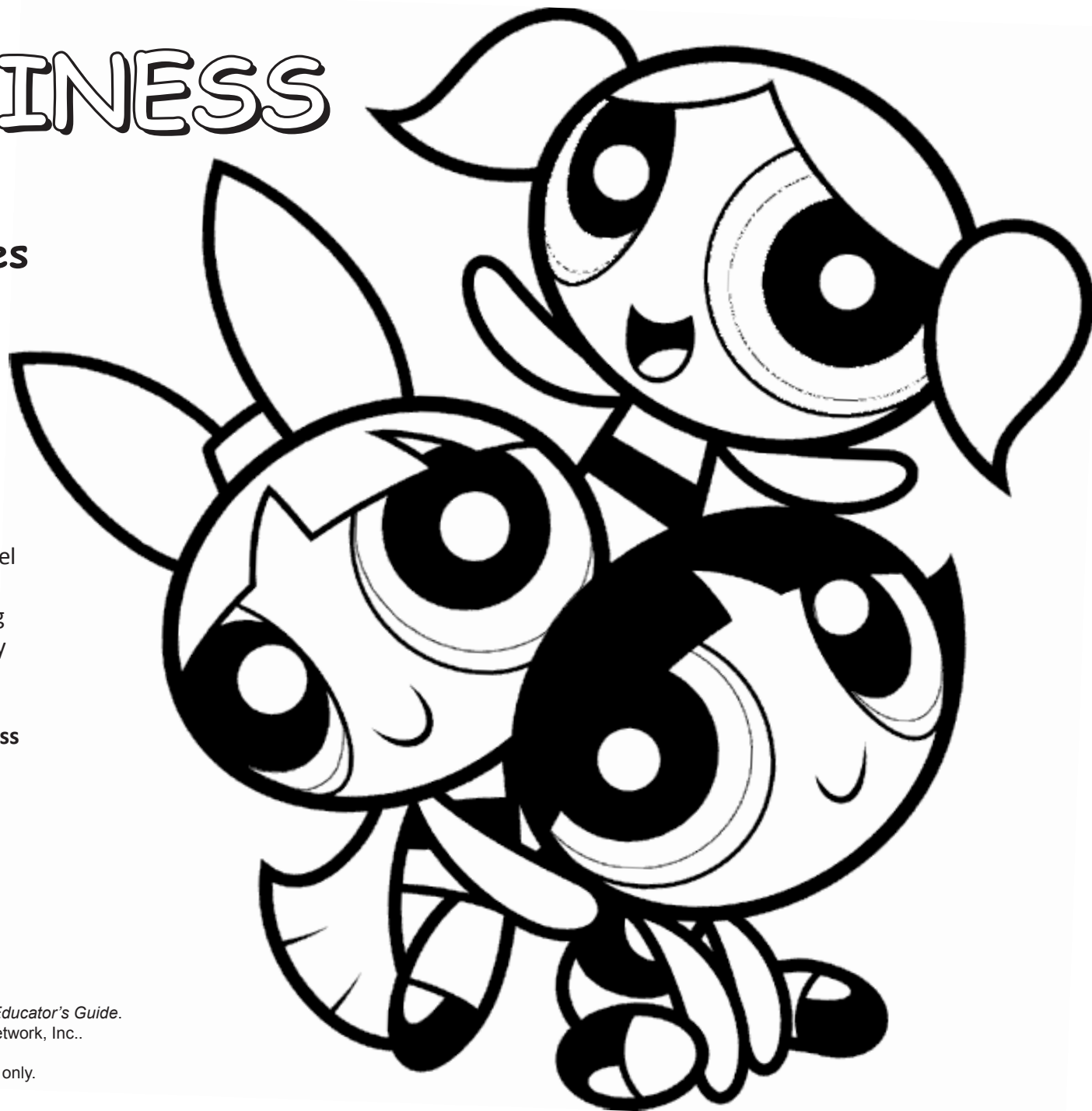
Friendliness is taking an interest in other people. When you are friendly, you happily share the things you have. You share your time, your ideas, and your feelings.

Friendliness is going out of your way to make others feel welcome or to make a stranger feel at home. You can be friendly just by walking down the street, or the hall at school, looking into people's faces, and smiling at them. They will probably smile back!

Learn more at theVchannel.com/Friendliness

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You are practicing
FRIENDLINESS
when you...

- Like yourself and realize you have a lot to offer
- Smile and greet someone you don't know
- Get to know someone and let them get to know you
- Show an interest in others
- Show caring when a friend needs you
- Are friendly to people who look and act different



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What does **Friendliness** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —DC WONDER GIRL

GENEROSITY

Generosity is one of the best ways to show love and friendship.

Generosity is giving and sharing. It is giving freely because you want to, not with the idea of receiving a reward or a gift in return. Generosity is being aware that there is plenty for everyone.

Without generosity, people act uncaring, refusing to share their belongings, their time, and their friendship.

When one person is generous, other people want to be generous too.

Learn more at theVchannel.com/Generosity



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You are practicing
GENEROSITY
when you...

- Are thoughtful about the needs of others
- Notice when someone needs help
- Give freely without expectation of reward
- Give fully without holding back
- Are willing to make sacrifices for others
- Are careful about sharing your favorite belongings



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What does **Generosity** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —WONDER WOMAN

GENTLENESS

**Being gentle means
to be very careful.**

Gentleness is acting and speaking in a way that is considerate and kind to others.

You can be gentle with people and animals in the way you touch them and the way you speak to them. When people are gentle with each other, feelings are protected and no one is hurt.

When you handle things gently and carefully, they are less likely to be broken.

Learn more at theVchannel.com/Gentleness



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You are practicing
GENTLENESS
when you...

- Make it safe for people and animals to be around you
- Touch carefully
- Speak with a soft voice
- Express your feelings peacefully
- Take time out when you don't feel gentle
- Think gentle thoughts that make you smile inside



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What does **Gentleness** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —THOR

HELPFULNESS

Helpfulness is doing useful things that make a difference in the lives of others.

When people practice helpfulness, they care for each other. They make each other's lives easier. When people come together to help one another, great things can be accomplished.

There are times when you may feel helpless. That is a good time to ask for help from others. You deserve it.

Learn more at theVchannel.com/Helpfulness



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You are practicing
HELPPFULNESS
when you...

- Notice when someone needs help
- Do a service without being asked
- Give people what they need, not always what they want
- Listen to someone who needs to talk
- Care for your own needs
- Ask for help when you need it

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What does **Helpfulness** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —SPIDER WOMAN

HONESTY

**Being honest means we
don't make false promises.**

Being honest is being sincere, open, trustworthy,
and truthful.

When people are honest, they can be relied on
not to lie, cheat, or steal. Honesty is telling the
truth no matter what. It keeps us from deceiving
or fooling other people just to get what we want.

When we are honest with each other, we can
believe each other.

Learn more at theVchannel.com/Honesty

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You are practicing
HONESTY
when you...

- Say what you mean and mean what you say
- Make promises you can keep
- Admit your mistakes
- Refuse to lie, cheat, or steal
- Tell the truth tactfully
- Are true to yourself and do what you know is right

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What does **Honesty** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —SUPER KID

HOPE

Hope is looking to the future with trust and faith.

Hope fuels our optimism in times of trouble. It gives us the courage to keep moving forward, no matter how difficult life becomes. It's tough to feel hopeful when we have suffered a lot, but hope helps remind us of our goals and dreams.

With hope we know we are not alone. There is always help when we are willing to ask. Hope is a source of strength. With hope, we find the confidence to keep trying.

Learn more at theVchannel.com/Hope

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You are practicing
HOPE
when you...

- Maintain a positive attitude
- Live your life to the fullest
- Believe in the value of all life
- Practice optimism in the face of adversity
- Are open to recognizing and learning your teachable moments
- Persevere through all conditions



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What does **Hope** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —SUPERGIRL

HUMILITY

When you are humble, you don't consider yourself more important than other people.

Humility helps you to understand that life is for learning and to be aware that no matter how much you know, there is always more. It means that you don't expect to be perfect. When you make a mistake, you are willing to learn from it. When you need help, you are not too proud to ask for it.

Humility is doing your best without attracting too much attention to yourself. It is giving what you have to give, not to impress others, but just for the sake of giving.

Learn more at theVchannel.com/Humility

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You are practicing
HUMILITY
when you...

- Consider the needs of others as important as your own
- 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



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What does **Humility** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —HAWKGIRL

IDEALISM

Dare to have big dreams and then act as if they are possible.

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

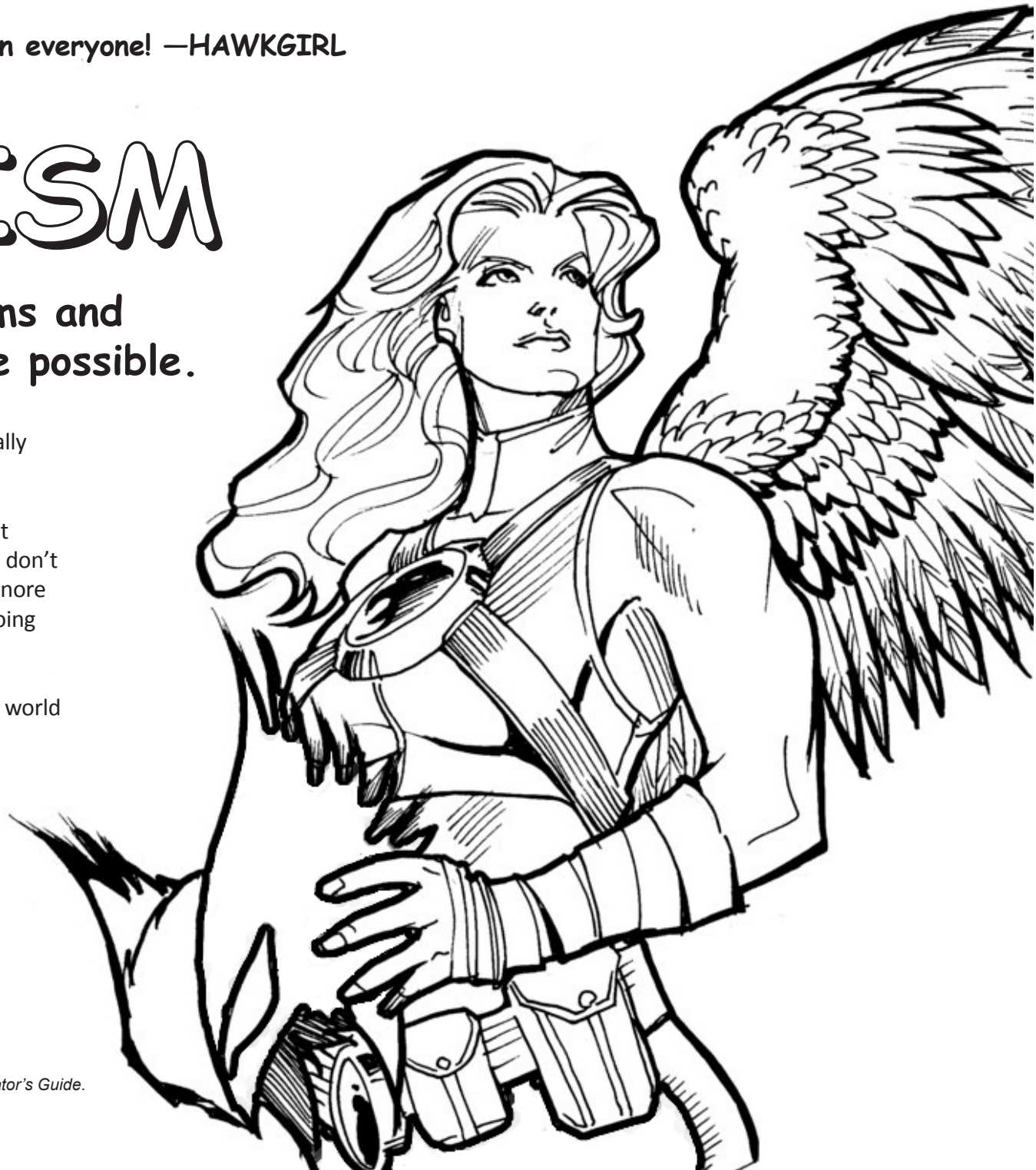
When we practice idealism, we have beliefs that mean something to us and we follow them. We don’t just accept things the way they are. We don’t ignore problems when we see them, such as people going hungry or someone being treated unjustly.

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

Learn more at theVchannel.com/Idealism

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You are practicing
IDEALISM
when you...

- Really care about what you value in life
- Dare to have big dreams
- Have a vision of what is possible
- Have a plan to make your ideals real
- Take action to make your dreams come true
- Do something to make a difference in the world

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What does **Idealism** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —SUPERGIRL AND BATGIRL

JOYFULNESS

Joyfulness is inside us all.

Joyfulness is being filled with happiness, peace, love and a sense of well-being. It comes from a sense of being loved and the appreciation for the gift of life.

Joy is related to fun but is not exactly the same thing. Fun comes from what is happening outside—having a good time. Joy comes from what is happening inside.

Joy is the inner sense that can carry us through hard times, even when we are feeling sad. Let yourself feel your inner peace and joy even when things are tough.

Learn more at theVchannel.com/Joyfulness

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You are practicing
JOYFULNESS
when you...

- Look inside for happiness
- Enjoy whatever you are doing
- Appreciate the gifts in your life and in yourself
- Find creative ways to enjoy your time
- Have a good sense of humor
- Feel an inner peace even when things are tough



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What does **Joyfulness** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —SUPERMAN

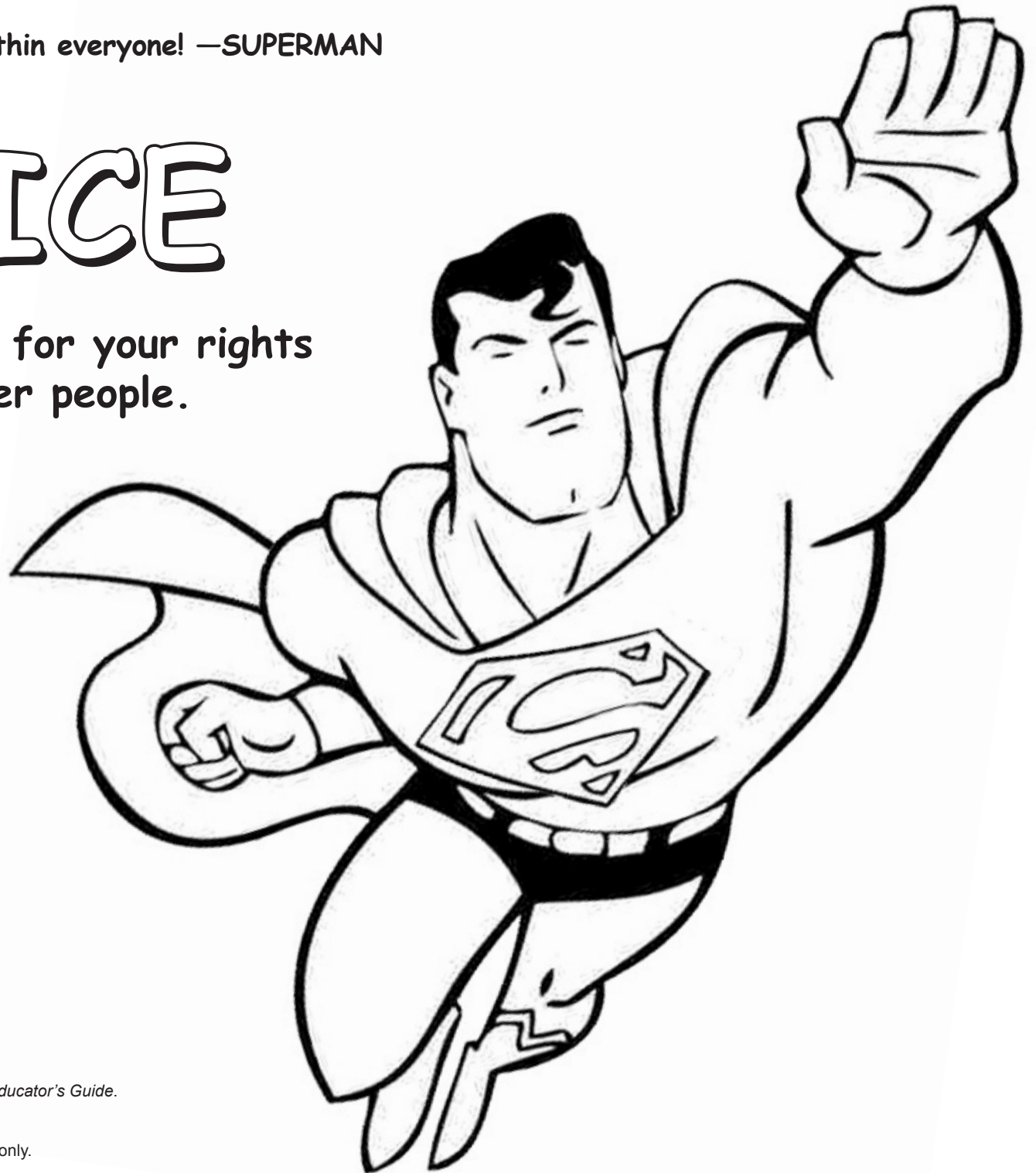
JUSTICE

**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, if someone is accused of something they get a chance to tell their side of the story. With justice, everyone gets a fair trial.

Learn more at theVchannel.com/Justice



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You are practicing
JUSTICE
when you...

- Think for yourself
- Avoid gossip and backbiting
- Refuse to prejudge—see people as individuals
- Own up to your mistakes and accept the consequences
- Share fairly with others
- Stand up for people's rights, including your own



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What does **Justice** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —BABY GROOT

KINDNESS

**Being kind makes life
better for everyone.**

Kindness is showing we care about anyone or anything that crosses our path. We can be kind to people, to animals, and to the environment.

Kindness is shown in small gestures that brighten people's lives. We can practice kindness by noticing when someone or something needs our help.

Learn more at theVchannel.com/Kindness

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You are practicing
KINDNESS
when you...

- Do things that give others happiness
- Practice habits that help the environment (reduce, re-use, recycle)
- Resist the temptation to be cruel in your words or actions
- Accept people who are different
- Take good care of animals



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What does **Kindness** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —DC BATGIRL

LOVE

Everyone wants to be loved.

Love is a special feeling that fills your heart. It is caring for someone special, wanting to be near him or her, and wanting to share with them.

Love is treating people, animals and things with special care and kindness because they mean so much to you.

You can show love in a smile, a pleasant way of speaking, a thoughtful act, or a hug.

Loving others begins with loving yourself.

Learn more at theVchannel.com/Love

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You are practicing
LOVE
when you...

- Treat others as you would want them to treat you
- Say kind and loving things
- Share your things and your time
- Show affection
- Think loving thoughts
- Take good care of the things you love



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What does **Love** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —THE INCREDIBLES

LOYALTY

Loyalty is being faithful to your family, country, friends, or ideals.

Loyalty is standing by a person when the going gets tough as well as when things are good. When you are a loyal friend, even if someone disappoints or hurts you, you still hang in there with them.

When you practice loyalty, you build friendships that last forever.

Learn more at theVchannel.com/Loyalty



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You are practicing
LOYALTY
when you...

- Stand up for people and ideas you believe in
- Are a faithful friend through good times and bad
- Don't allow loyalty to lead you into trouble
- Don't let others come between you and your friends
- Are loyal to yourself

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What does **Loyalty** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —ROGUE

MODESTY

Modesty means to accept praise without getting conceited.

Modesty is an attitude. When you practice modesty you are not showy or boastful. You have a sense of self-acceptance and quiet pride. You are grateful for your gifts, and you know that others have gifts too.

Without modesty people do all kinds of things just to attract attention.

When people practice modesty, they don't need to tell others about how great they are. They just let their actions speak for them.

Learn more at theVchannel.com/Modesty

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You are practicing
MODESTY
when you...

- Are comfortable being who you are
- Respect yourself
- Do not permit anyone to abuse your body
- Set boundaries about your right to privacy
- Dress in a way that feels right to you
- Share your victories without boasting

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What does **Modesty** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —BATMAN AND ROBIN

OBEDIENCE

**Obedience keeps everyone
safe and happy.**

When you are obedient, you abide by the rules, even if you don't like them. You obey the rules even when no one is watching.

Obedience begins by doing what you are asked to do—by your family, your teachers and your coaches.

To be obedient is to be trustworthy.

Learn more at theVchannel.com/Obedience

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You are practicing
OBEDIENCE
when you...

- Use your willpower to follow the rules, even when you feel like breaking or ignoring them
- Be trustworthy by keeping your agreements
- Do what is right even when no one is watching
- Accept the consequences if you break a rule or law—then get a fresh start

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What does **Obedience** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —ROCKET RACCOON

ORDERLINESS

Without order there is
confusion, and it is easy
to lose things.

Orderliness is being organized and having a place for things when you need them. It is planning something so that it works, doing it step by step instead of going in circles.

Orderliness is putting first things first, and taking care of things you need to do.

Learn more at theVchannel.com/Orderliness



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You are practicing
ORDERLINESS
when you...

- Have a place to put each of your things
- Put your things away in the same place each time
- Have a plan before you begin any job
- Solve problems step by step
- Create a harmonious space that gives you peace of mind

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What does **Orderliness** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —SILVER SURFER

PATIENCE

Patience means waiting.

Patience is enduring a delay or bad situation without complaining. It means having self-control because we can't control the way someone else is acting, or when things don't go as planned.

Patience is a commitment to the future. It is doing something now so that something good will happen in the future.

Learn more at theVchannel.com/Patience



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You are practicing
PATIENCE
when you...

- Calmly tolerate a delay or confusion
- Are willing to wait for things you want
- Set goals and stick with them until they are finished
- Do something now that will help you in the future
- Are tolerant when mistakes are made



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What does **Patience** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —STORM

PEACEFULNESS

Peacefulness is an inner sense of calm.

Peacefulness is a way of becoming very quiet and looking at things so you can understand them. To be peaceful inside, take a few minutes to become very still and focus on your breathing. Try your best to let go of your worries.

Peacefulness is a way of approaching conflict with others so no one is made wrong. Everyone wins because you work to find a peaceful solution.

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

Learn more at theVchannel.com/Peacefulness

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You are practicing
PEACEFULNESS
when you...

- Take time to become very still, focus on your breathing and let go of worries
- Use peaceful language even when you are angry
- Speak gently and respectfully
- Avoid harming anyone
- Appreciate differences
- Find peaceful solutions to every problem



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What does **Peacefulness** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —SPIDER-MAN

PURPOSEFULNESS

**To be purposeful means
concentrating on something.**

Purposefulness is having a clear focus of what you're doing or why you're doing it. When you have a goal you are working toward, you are acting on purpose.

Being purposeful means you concentrate your efforts so that something good will happen as a result.

Be faithful to your purpose no matter what.

Learn more at theVchannel.com/Purposefulness

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You are practicing
PURPOSEFULNESS
when you...

- Have a clear vision of what you want to accomplish
- Concentrate your efforts on the goal and know why you're doing it
- Get back on purpose if you get distracted
- Do things one at a time and finish what you start
- Take quiet focused time to make important decisions



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What does **Purposefulness** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —BATWOMAN

RELIABILITY

Reliability means that others can depend on you.

Reliability is doing something that you have agreed to do in a predictable way, without forgetting or having to be reminded. People don't have to wonder if you will be on time.

When you are practicing reliability, others can count on you to do your best to keep your commitments. If there is any way at all to keep a promise you have made, you will do it, even if it is difficult.

When you are reliable, people can trust you to do your part.

Learn more at theVchannel.com/Reliability

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You are practicing
RELIABILITY
when you...

- Make promises you can keep
- Treat your agreements seriously
- Plan ahead
- Do your best
- Be on time and finish on time
- Find another way if obstacles occur



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What does **Reliability** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —WONDER WOMAN

RESPECT

When we are respectful we treat others as we want to be treated.

Respect is an attitude of caring about people and treating them with dignity. It is knowing that every man, woman and child deserves respect, including ourselves.

Without respect for rules, we would have confusion. People would treat each other rudely and violate each other's privacy and other rights.

Self-respect is making sure no one hurts you or abuses you. When you respect yourself, others respect you, too.

Learn more at theVchannel.com/Respect

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You are practicing
RESPECT
when you...

- Treat others as you want to be treated
- Speak courteously to everyone
- Take special care of other people's belongings
- Are receptive to the wisdom of elders
- Honor the rules of your family, school and nation
- Expect respect for your body and your rights



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What does **Respect** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —DASH

RESPONSIBILITY

**Responsibility is a
sign of growing up.**

Being responsible means that you are willing to be accountable for your actions. When you are responsible, you keep your agreements. You give your best to any job.

When you agree to do something, like homework, watching a younger child, or a job around the house, you take it as your responsibility.

When you take responsibility others can trust you.

Learn more at theVchannel.com/Responsibility

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You are practicing
RESPONSIBILITY
when you...

- Take your agreements seriously
- Respond ably by doing things to the best of your ability
- Are willing to do your part
- Admit mistakes without making excuses
- Are willing to make amends
- Give your best to whatever you do



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What does **Responsibility** look like to you?
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Virtues are the Superpowers within everyone! —IRON MAN

SELF-DISCIPLINE

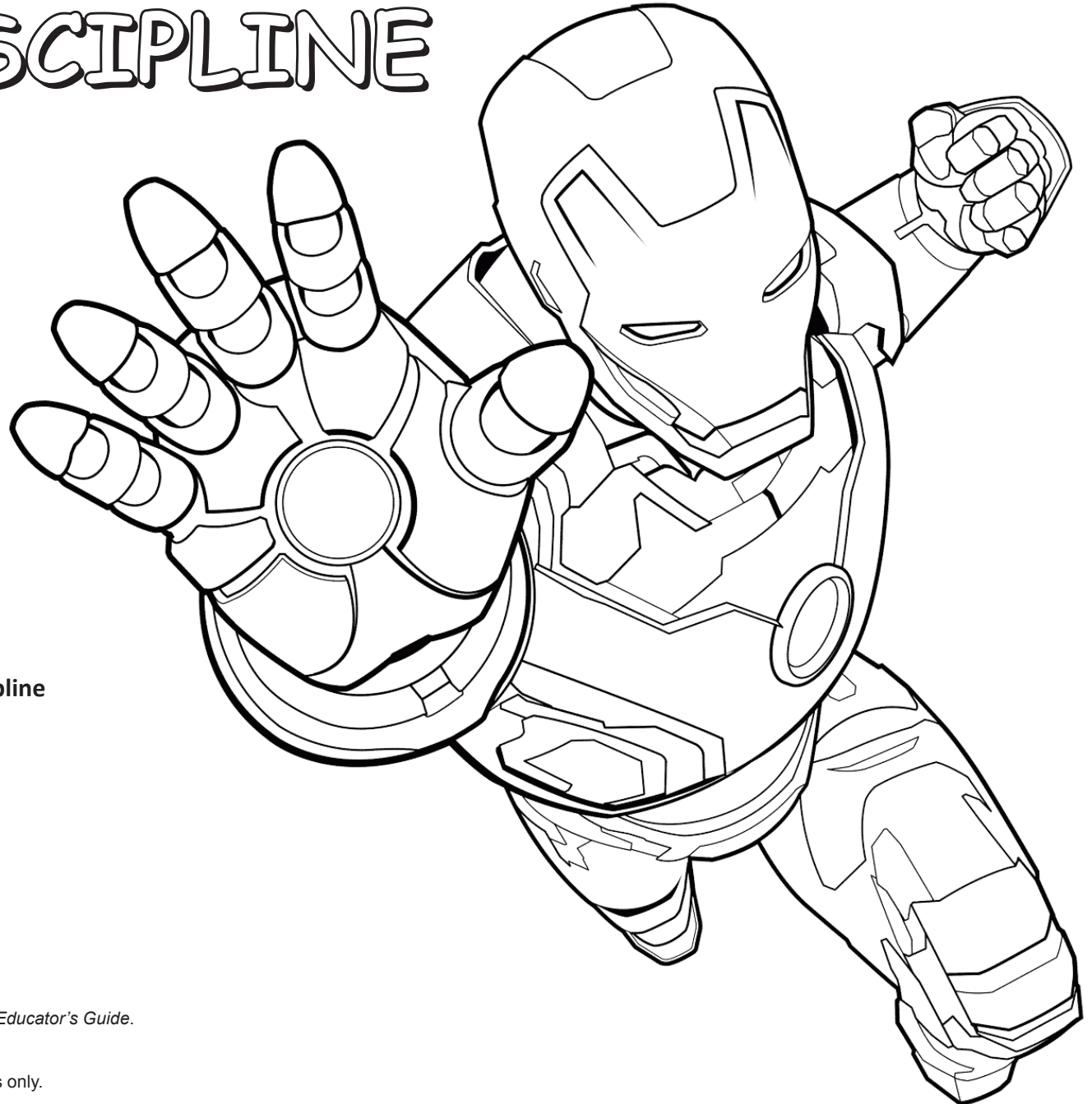
**Self-discipline means
self-control.**

When we practice self-discipline we don't lose control of ourselves when we feel hurt or angry.

Self-discipline is getting ourselves to do what we really want to do, rather than being tossed around by our feelings like a leaf in the wind.

With self-discipline we can control our own behavior so others don't have to.

Learn more at theVchannel.com/Self-discipline



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You are practicing
SELF-DISCIPLINE
when you...

- Speak and act calmly when you are hurt or angry
- Get things done in an orderly, efficient way
- Create routines for yourself
- Do what us expected without people having to watch over you
- Do things on time



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What does **Self-discipline** look like to you?
Draw and color a picture here



Virtues are the Superpowers within everyone! —ROBIN

TACT

**Tact is thinking
before you speak.**

Being tactful is sharing your thoughts, feelings and opinions with others in a way that makes it easier for them to accept.

Often you know things that you could say, but saying them may hurt someone. Rather than telling a lie, being tactful means that you look for a way to share the truth so that it helps rather than hurts the other person. This is especially important when you feel angry or upset.

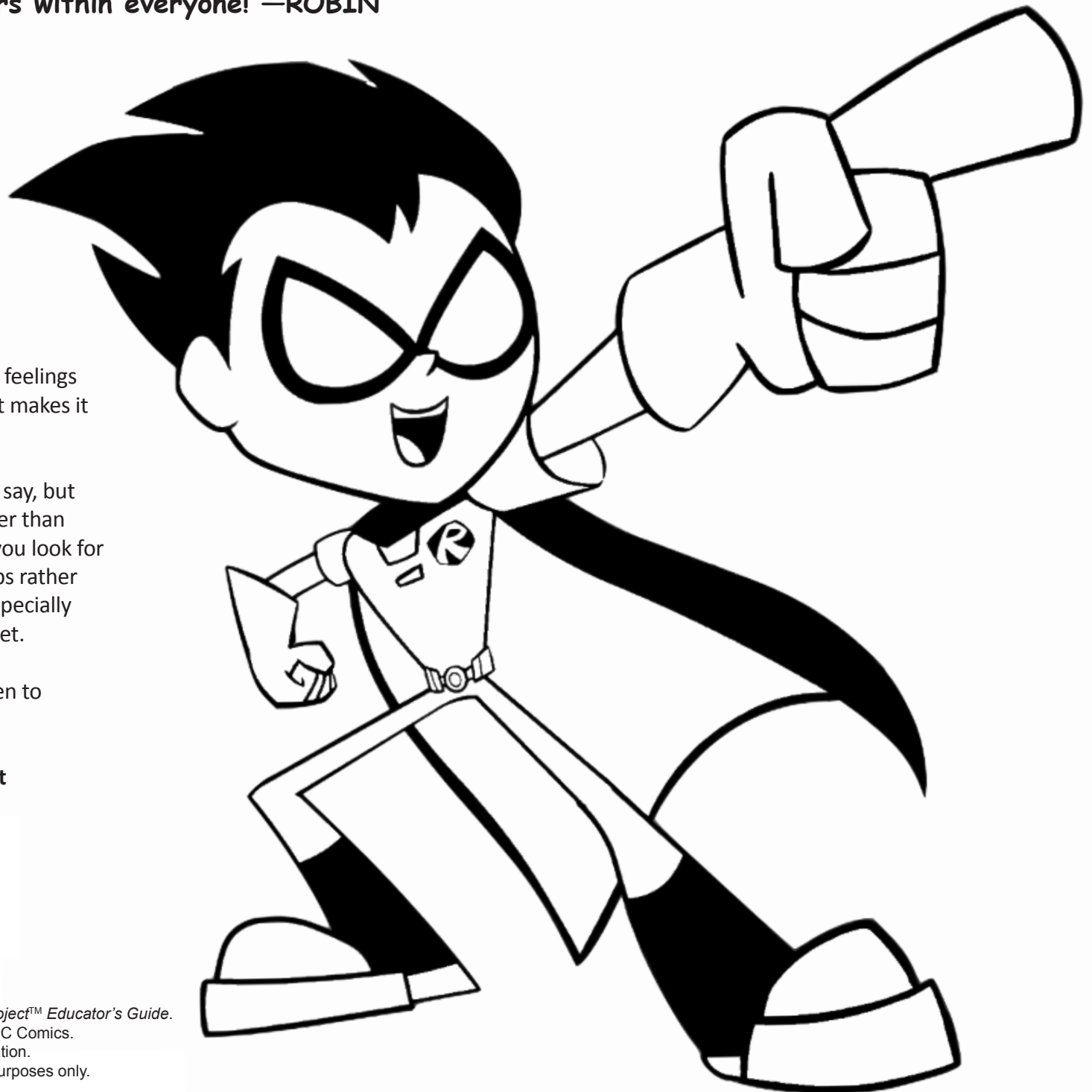
Being tactful also means knowing when to stay silent.

Learn more at theVchannel.com/Tact



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You are practicing
TACT
when you...

- Think before you speak
- Decide if it is better to tell the truth or keep silent
- Often keep unpleasant or critical thoughts to yourself
- Become sensitive to other people's feeling
- Tell the truth kindly and gently

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What does **Tact** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —MICHAELANGELO

THANKFULNESS

Thankfulness is being grateful for what you have.

Thankfulness is an attitude of gratitude for learning, loving and being alive.

Thankfulness is a way to get perspective when things don't look good and you start to lose hope. It is a way to grow when painful things happen, by appreciating the gifts in life, even when they seem hidden.

Thankfulness leads to optimism.

Learn more at theVchannel.com/Thankfulness

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You are practicing
THANKFULNESS
when you...

- Have an attitude of gratitude
- Are receptive to gifts
- Appreciate your own abilities instead of envying others
- See the difficulties of life as opportunities to learn
- Appreciate the beauty of this world
- Count your blessings every day



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What does **Thankfulness** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —HULK

TOLERANCE

Tolerance is being able to accept things that you wish were different.

When you practice tolerance, don't expect others to think, look, or act just like you. You overlook the faults of others.

Some people find it difficult to tolerate any change in life. They fuss and fume if it is too hot or cold, too noisy or too quiet, or something is taking too long. When you practice tolerance, you can be flexible.

Learn more at theVchannel.com/Tolerance

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You are practicing
TOLERANCE
when you...

- Accept differences
- Are free of prejudice
- Don't complain when uncomfortable conditions can't be helped
- Change yourself instead of trying to change others
- Accept people the way they are, faults and all



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What does **Tolerance** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —AQUAMAN

TRUSTWORTHINESS

**Trustworthiness means
we will do what we said
we would do even if
becomes really hard.**

When we practice trustworthiness people can count on us to keep our promises and commitments.

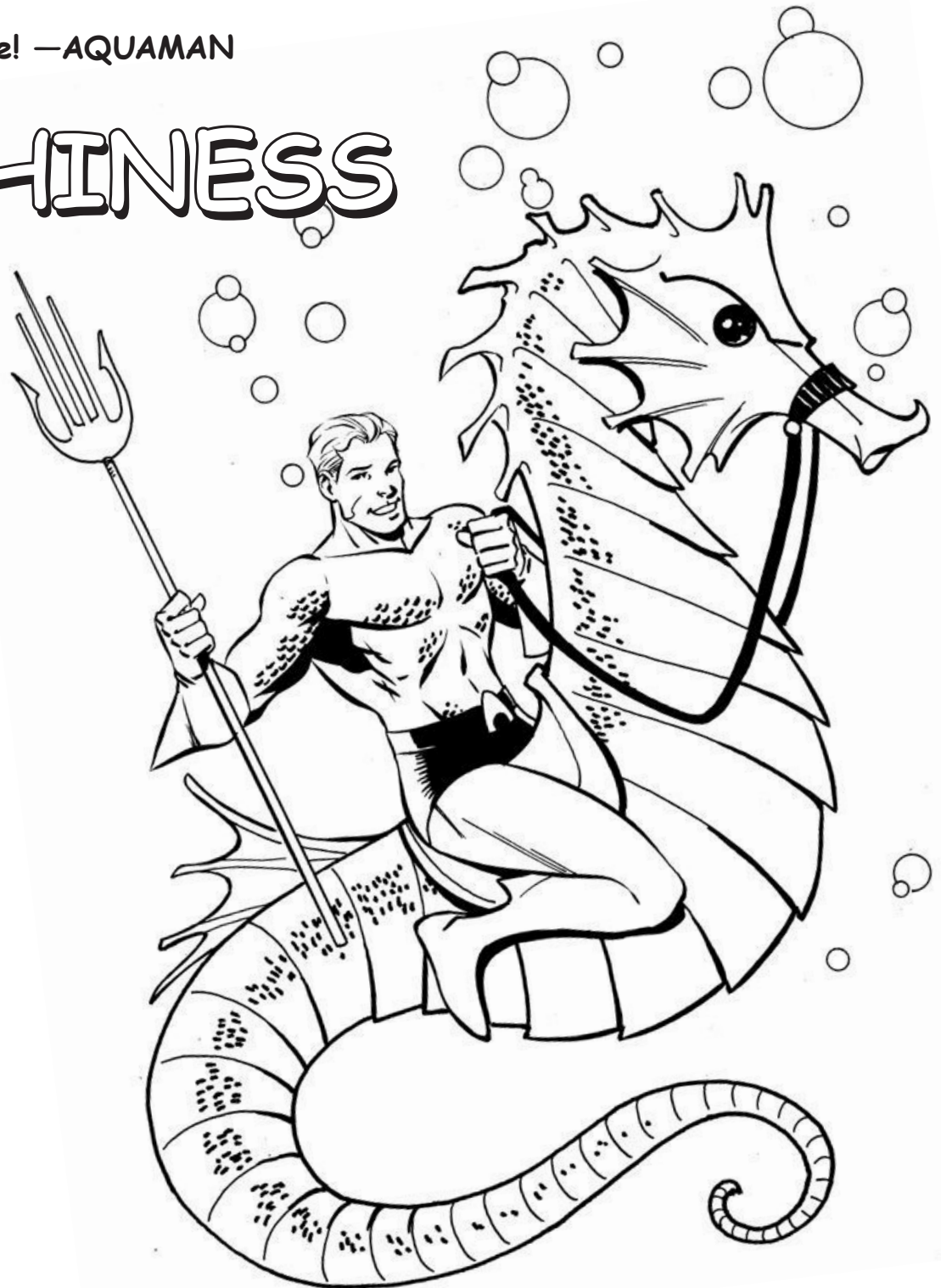
Without trustworthiness, agreements and promises don't mean anything. People never know if they can believe us or count on us.

When we practice trustworthiness, people don't have to check on us to see if we are doing something we promised to do.

Learn more at theVchannel.com/Trustworthiness

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You are practicing
TRUSTWORTHINESS
when you...

- Think before you promise something to be sure you can do it
- Keep your promises even when they become hard to do
- Abide by the rules even when no one is watching
- Let nothing stop you from keeping your word
- Do your best and finish what you start



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What does **Trustworthiness** look like to you?
Draw and color a picture here



Virtues are the Superpowers within everyone! —SPIDER-MAN

TRUTHFULNESS

**Truthfulness builds bonds
of love and trust.**

Truthfulness means you don't tell lies, even to protect yourself or anyone else. You don't live a lie either. You show people who and what you are without exaggerating to impress them or trying to look like something you are not.

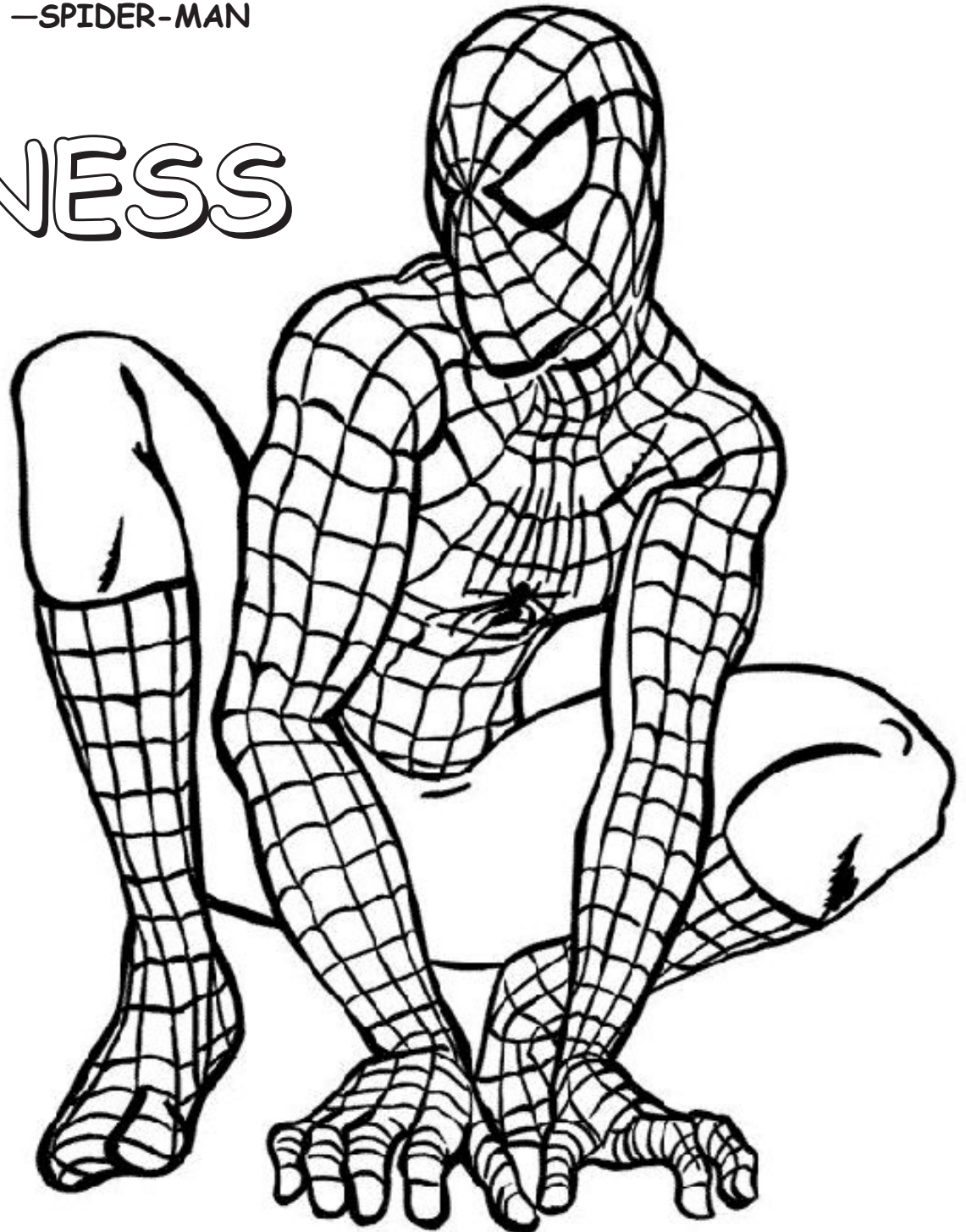
When you are practicing truthfulness, you don't try to believe something you know isn't true.

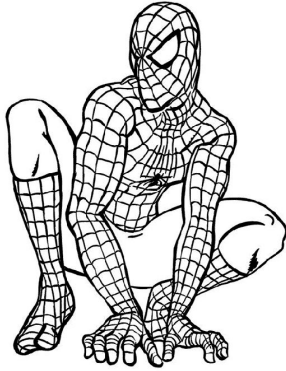
Truthfulness is knowing the difference between what is real and what is fantasy.

Learn more at theVchannel.com/Truthfulness

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You are practicing
TRUTHFULNESS
when you...

- Speak only the truth
- Don't let others tell you what to think
- Can tell the difference between fact and fantasy
- Admit it when you have made a mistake
- Know you are enough – don't exaggerate or deceive to impress others



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What does **Truthfulness** look like to you?
Draw and color a picture here ↴

Virtues are the Goodness within everyone! —CURLY HAIR SUPER GIRL

UNDERSTANDING

Understanding is paying careful attention and thinking about things in order to see their meaning.

Understanding is thinking clearly. It is using your mind so that you can see the truth about things.

Without an understanding mind, there would be no learning. People who use their heads to understand and solve problems have great insights and wonderful ideas. People who use their hearts to understand show compassion and forgive people for their mistakes.

To practice understanding, you pay close attention and look, listen and think.

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You are practicing
UNDERSTANDING
when you...

- Concentrate and pay close attention
- Reflect on the meaning of things
- See the whole picture
- Resist distractions
- Put yourself in other people's shoes
- Forgive others and yourself when you make mistakes

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What does **Understanding** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —TEEN TITANS

UNITY

Unity brings peace.

With unity we value what each part brings to the whole. We can strive for harmony with our family at home, students at school, and our human family around the world.

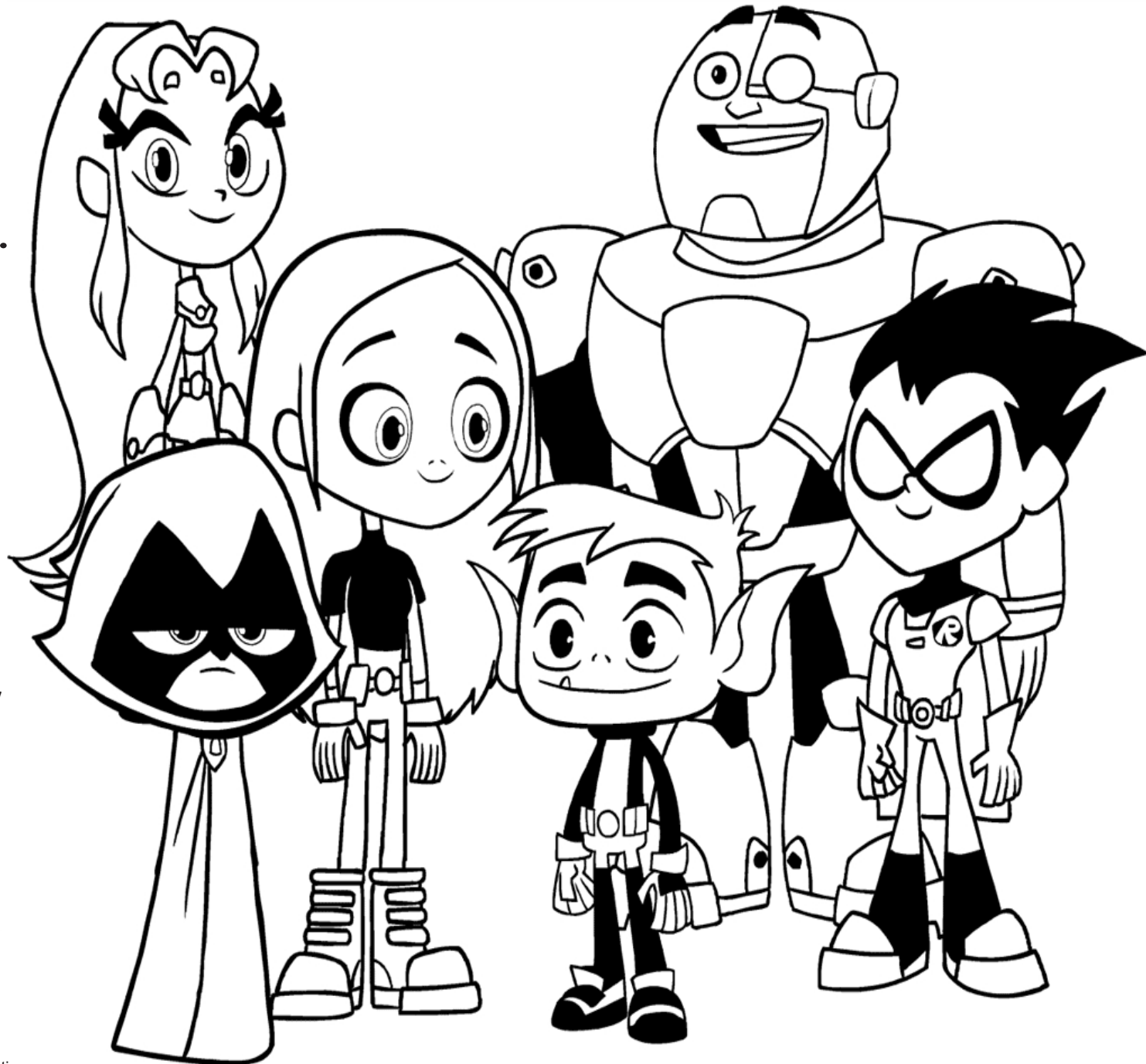
Unity doesn't mean everyone looks, thinks, acts, or talks alike.

When we practice unity, we allow ourselves to feel connected to everything and everyone.

Learn more at theVchannel.com/Unity

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You are practicing
UNITY
when you...

- Treat all people as members of one human family
- See the gifts in differences
- Refuse to join in when others express prejudice
- Solve conflict through listening and finding solutions
- Act like a peacemaker wherever you go

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What does **Unity** look like to you?
Draw and color a picture here ↴

Virtues are the Superpowers within everyone! —GREEN LANTERN

ZEAL

**Zeal is intense enthusiasm
and passion for a purpose or
cause we deeply care about.**

When we practice Zeal we give 100% to serve a cause we believe to be real and true. We can be zealous about the game of chess, feeding the homeless or finding homes for abandoned pets.

We need tolerance to balance our zeal when others' beliefs differ from our own. Zeal is being for something, not against anything.

Zeal is the fire in our belly. It fuels our pursuit of a cause or an objective. With Zeal, even the smallest task is joyous.

Learn more at theVchannel.com/Zeal

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You are practicing
ZEAL
when you...

- Feel connected to your purpose
- Are passionate about what you love and give 100% to what you do
- Keep going after what you love with enthusiasm
- Get your work done with joyous energy
- Be for something, not against anything



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