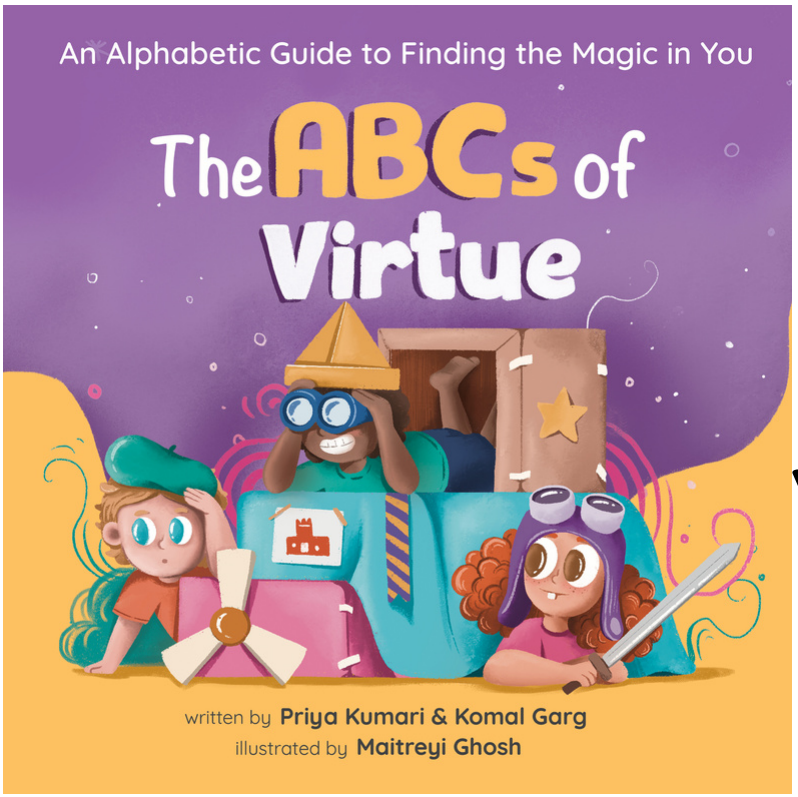


Free Printable Worksheets

Embark on the journey of learning the ABCs of Virtue

Eternal Tree Books

www. eternaltreebooks.com

@eternaltreebooks

Empower your thoughts and actions while learning the ABCs

'The ABCs of Virtue' is a poetic guide teaching kids about our human qualities and how we can be the best version of ourselves. With each of the 26 letters in the book, there is a profound human quality for every child to learn.

Starting with A and ending with Z, 'The ABCs of Virtue' creates a space for young readers to discover magical virtues like honesty, responsiveness, mindfulness, generosity, thankfulness, kindness, and morality. The book's rhymes are written to raise more conscious children for a world where everyone is respected and no one lives in fear.

Recommended by both parents and teachers, this book discusses essential points in life. Reading 'The ABCs of Virtue', children will learn how incorporating all the 26 virtues will help them attain a more fulfilling life experience.

'These free printable activities are provided for parents and educators to help children understand each virtue given in the book. This is a set of fun-filled lessons with suggested activities and ways to inculcate these qualities.

A child may learn about 1-3 virtues every week with the help of the book and these free activities. This will help them grasp these virtues gradually and build a strong foundation of virtues within their thoughts and actions. What a wonderful and fulfilling experience of life will it be when our children promise to become more virtuous each day. We hope these printable sheets will support their empowering journey of finding the magic of virtues within themselves. We had a great time preparing these activities! Enjoy!

A is for active

Discuss the meaning of being active

Read the book and discuss the rhyme and picture with the child. What do they see? What do they enjoy to play outside. Discuss ideas of how they can stay active inside the home.

Discuss the benefits of being active

- Healthy growth and development
- Stronger bones, muscles and body
- Better self-esteem
- A stronger heart
- Improved social interaction
- Better focus and concentration in school
- Improved posture and balance
- Learning new skills while having fun

Game to encourage the virtue 'Active'

Simon Says

Let the kids have fun with these physical activities

- Jump up and down
- Spin around in circles
- Hop like a frog
- Walk on your knees
- Do a funny dance
- Shake your whole body
- Do a somersault
- Bend down and touch your toes 5 times
- Pretend to ride a horse
- Walk like a bear on all 4s
- Hop on left foot 5 times
- Hop on right foot 5 times
- Balance on left foot and count till 10
- Balance on right foot and count till 10
- Lay on your back and pedal your legs like you are riding a bike
- Wave your arms above your head
- Do 5 jumping jacks
- Strech your hands up and count till 10

Discuss the meaning of being brave

Read the book and discuss the rhyme and picture with the child. What do they see? Discuss the difference between being brave and reckless. Have them fill this worksheet.

Identify a fear you overcame, draw and write about your experience

How can you overcome your fears and be brave?

- Embrace your fear and say it loud.
- Talk to someone about your fear.
- When you are scared try to think of something that makes you happy.
- Overcome it gradually by facing it little by little. For example, if you are afraid of swimming, start in small steps with a trained instructor.

Discuss the meaning of being confident

Read the book and discuss the rhyme and picture with the child. What do they see? Discuss the meaning of confidence. Following are few things parents/educators can do to help boost confidence of children.

- Always praise them whenever they perform well in academics or extra-curricular activities or household chores.
- Create a positive environment to help them learn new things.
- Help them set achievable short-term goals. Reaching them will give them a sense of accomplishment and consequently confidence.
- Avoid correcting each and every thing they do wrong because it might discourage them from doing anything independently.
- Encourage them to participate in sports, arts or any other enjoyable activity. This will help them find their hidden talent and boost their confidence.
- Create STEM challenges and help them solve problems in their own creative way.

Positive affirmations

- I believe in myself.
- I respect myself.
- I like the way I look.
- I know my positive qualities.
- I can handle criticism.
- I am not afraid of making mistakes.
- I am happy to be me.
- I am good at solving problems.
- I love trying new things.
- I am proud of my accomplishments
- I help others in rising along with me.

is for dutiful

Discuss the meaning of being dutiful

Read the book and discuss the rhyme and picture with the child. What do they see? Discuss the meaning of duties and being dutiful. Parents/educators can discuss about the duties of kids at home, school, and towards the community.

Duties Bingo

Play this "Duties Bingo" and circle each duty fulfilled over a week's time.

I cleaned up my room.	I did my homework.	I listened to my parents all week.
I exercised regularly.	I slept on time.	I brushed me teeth before going to bed.
I listened to my teacher all week.	I was a good listener.	I brushed me teeth every morning.
I helped with house chores.	I avoided eating too much junk.	I was attentive during circle time.

is for ethical

Discuss the meaning of being ethical

Read the book and discuss the rhyme and picture with the child. What do they see? Discuss what they understand from the scene and what is the boy doing? Being ethical means having high moral standards and knowing what is right and wrong. Discuss the following ethical dilemmas with kids and have them do the worksheet.

Ethical Dilemmas	Circle the right thing to do	Discuss what and why they should prefer to do
You have homework remaining and you want to watch television.	1. Watch television 2. Do homework	
You are riding a bike along with your younger sibling. The little one is having trouble keeping up. It is frustrating for you because you want to go fast.	1. Going fast 2. To match your sibling's speed.	
There is only 1 cookie left in the box and you have already had one while your friend hasn't had any.	1. Giving the last cookie to your friend. 2. Eating the cookie.	
You are visiting your friend's house and you really like a toy they have. You are tempted to put that toy in your bag while no one is looking.	1. Not taking the toy without asking. 2. Taking the toy without asking.	

Discuss the meaning of being friendly

Read the book and discuss the rhyme and picture with the child. What do they see? Discuss what they understand from the scene and what are the kids doing? Being friendly means exhibiting the characteristics of a friend, such as being kind, helpful or affectionate. An example of a friendly gesture is smiling, waving and saying hello. An example of a friendly person is someone who is always kind.

Sorting exercise

Cut and sort the following into friendly and unfriendly behaviors

Friendly	Unfriendly	Situations to be cut and pasted
		Waving to a classmate.
		Not saying hello to someone you know.
		Playing with your classmates.
		Helping a kid who fell down in a park in front of you.
		Making fun of someone who spilled the juice on their t-shirt.
		Being rude to the new kid in your class.

G is for generous

Discuss the meaning of being generous

Read the book and discuss the rhyme and picture with the child. What do they see? Discuss what they understand from the scene and what is the boy holding and why? Being generous means to give and to share. This can be done by giving or sharing your time, talent or things. Discuss examples of acts of generosity.

Draw and write about something generous you have done or you want to do.

Discuss the meaning of being honest

Read the book and discuss the rhyme and picture with the child. What do they see? Discuss what they understand from the scene? Being honest means to be truthful in what you say and in what you do. Discuss the following situations and circle the the actions of honesty.

- Hiding wrong actions.
- Telling someone exactly what happened.
- Making up a story.
- Blaming someone else for what you did.
- Telling someone only a part of what happened.
- Stealing.
- Getting someone in trouble.
- Lying about completing your homework.
- Having someone take blame of something you did.
- Telling the truth about a mistake you made.

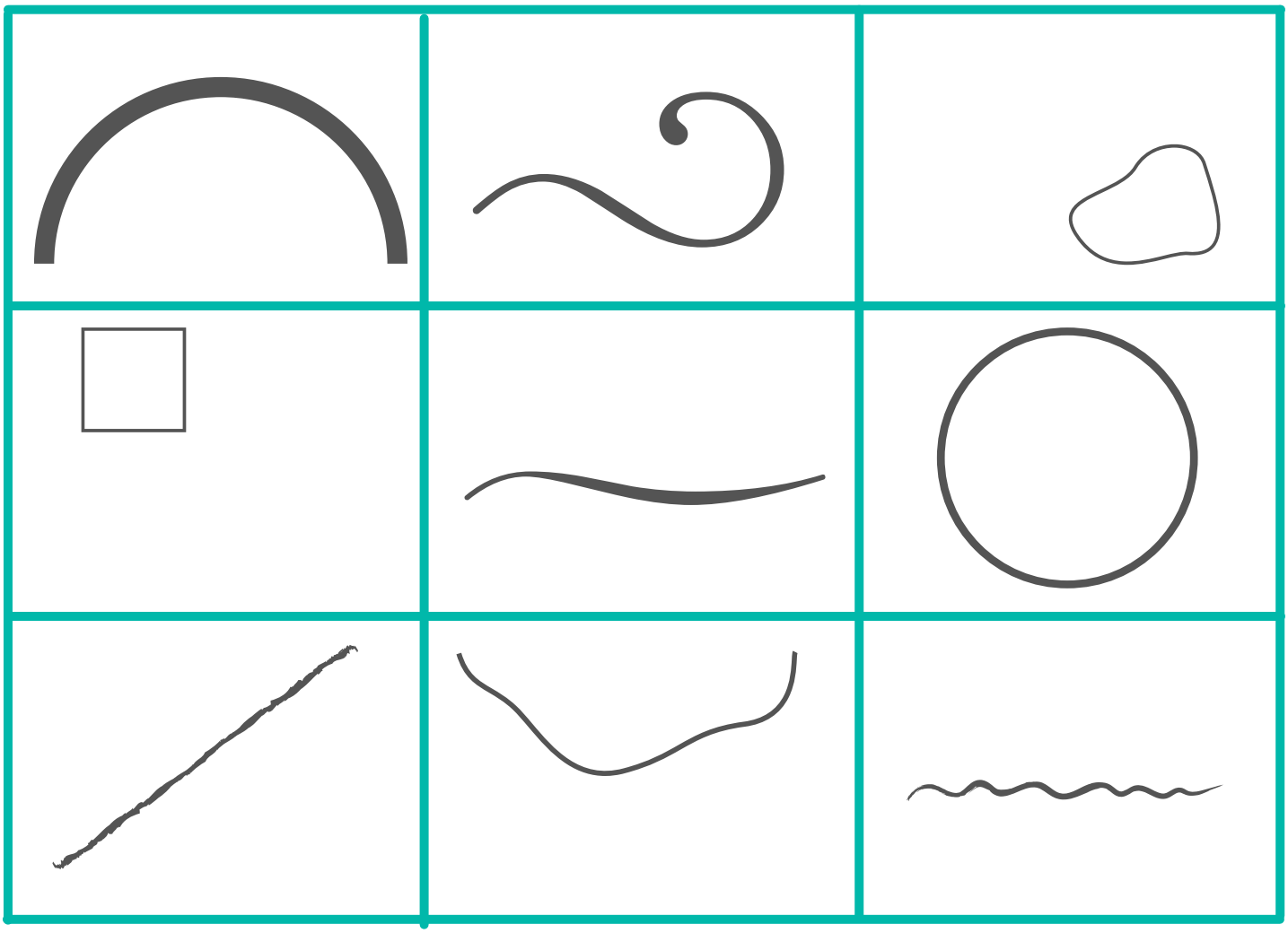
I is for imaginative

Discuss the meaning of being imaginative

Read the book and discuss the rhyme and picture with the child. What do they see? Discuss what they understand from the scene and what are the kids doing? Being imaginative means being innovative and original. Coming up with stories, writing songs, thinking about new ways to play with the same toy or thinking about a new game can help one grow into an imaginative person.

Imagination workout

Use your imagination to create a picture in each box using the existing shapes and abstract lines.

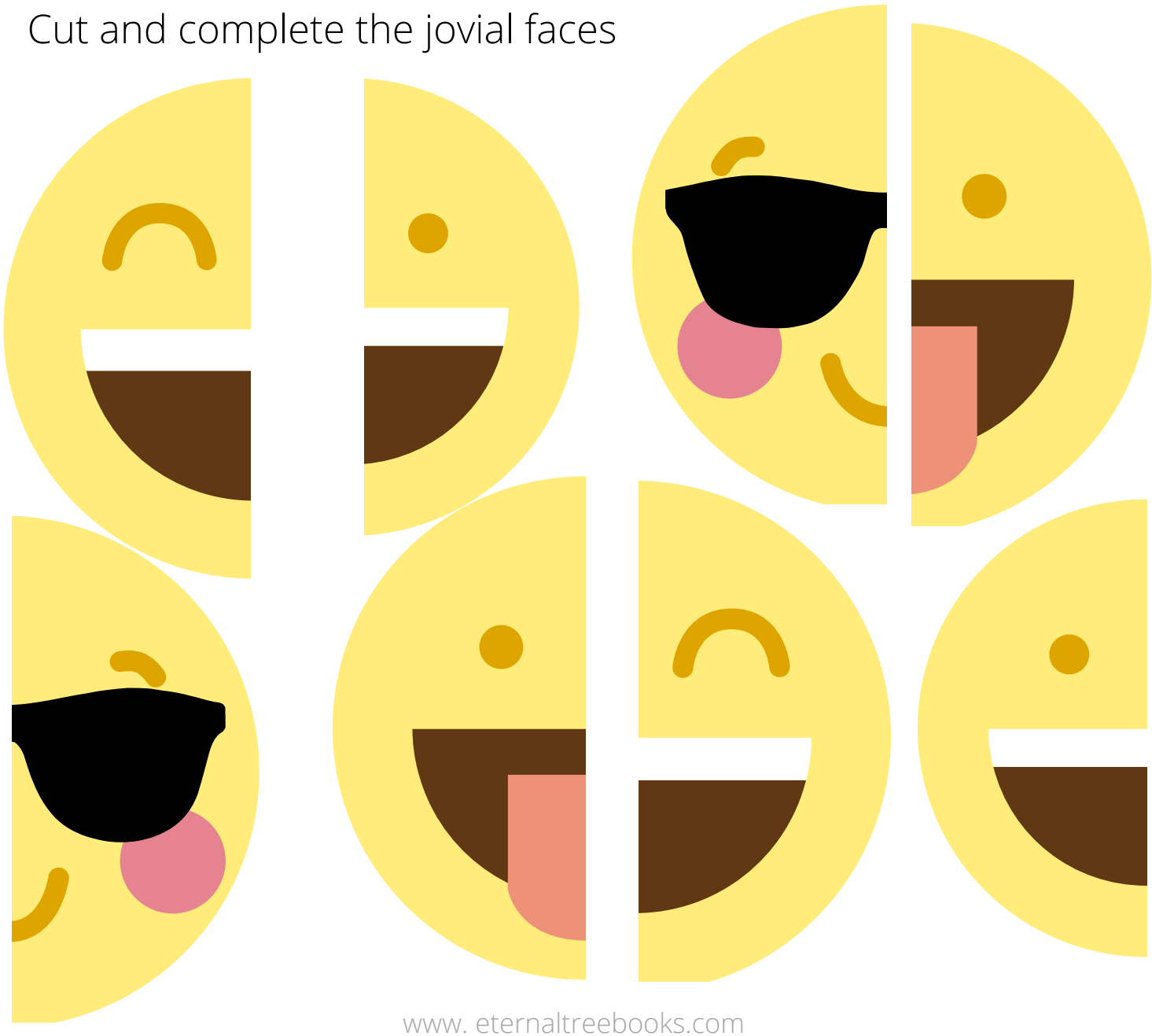


J is for jovial

Discuss the meaning of being jovial

Read the book and discuss the rhyme and picture with the child. What do they see? Discuss what they understand from the scene? Being jovial means to be cheerful and happy. Discuss the various emotions they feel.

Cut and complete the jovial faces



K is for kind

Discuss the meaning of being kind

Read the book and discuss the rhyme and picture with the child. What do they see? Discuss what they understand from the scene? Being kind means being caring and considerate and helping people in need.

Kindness jar excersise

1. Make a kindness jar.
2. Every time you notice a child doing something kind, write it down on a snippet and add it to the Jar.
3. Praise the kid when they show kindness.
4. Once the Jar is full, go over the acts of kindness as a positive affirmation exercise.

Kindness recipe

1. Loving heart
2. Smiling face
3. Helping hands
4. Ready feet
5. Listening ears
6. Watchful eyes
7. Alert head

is for loving

Discuss the meaning of being loving

Read the book and discuss the rhyme and picture with the child. What do they see? Discuss what they understand from the scene? Being loving means being caring and loving everyone.

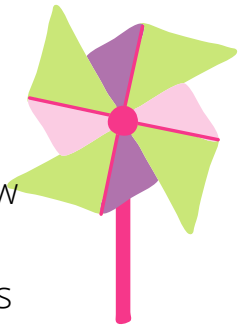
Draw and write about someone or something you love

m is for mindful

Discuss the meaning of being mindful

Read the book and discuss the rhyme and picture with the child. What do they see? Discuss what they understand from the scene? Mindfulness means paying full attention to everything around and within ourselves.

Breathing with a pinwheel



- **Step 1** Sit with your back straight and your body relaxed with a pinwheel in your hand.
- **Step 2** Blow on your pinwheel using long, deep breaths, and notice how you feel. Do you feel calm and relaxed? Is it easy or hard to sit still?
- **Step 3** Now blow on the pinwheel using short, quick breaths. How does your body feel now? Do you feel the same way after breathing quickly as you did after breathing slowly?
- **Step 4** Now blow on the pinwheel normally. How does this feel?
- **Step 5** What did you notice about how different ways of breathing make you feel?

Other mindfulness excercises

- **Blowing bubbles:** Have your kids focus on taking in a deep, slow breath, and exhaling steadily to fill the bubble. Encourage them to pay close attention to the bubbles as they form, detach, and pop or float away.
- **Playing with balloons:** Tell your kids that the aim of this game is to keep the balloon off the ground, but have them move slowly and gently. You can tell them to pretend the balloon is very fragile if that helps.
- **Texture bag:** Place several small, interestingly shaped or textured objects in a bag. Have each child reach in and touch an object, one at a time, and describe what they are touching.

Discuss the meaning of neighborly

Read the book and discuss the rhyme and picture with the child. What do they see? Discuss what they understand from the scene? Neighborly means being helpful, friendly, or kind to neighbors. Discuss what can be be the other examples of being a good neighbor.

Some acts to brighten your neighbor's day

- Say hello or wave each time you see your neighbor.
- Offer to help to water their garden, rake leaves.
- Offer to walk their dog.
- Offer to play with your neighbor's kid.
- Invite them for breakfast or dinner.
- Host a neighborhood game night.
- Welcome new neighbors by offering to help or sharing a meal.
- Have a neighborhood yard sale and invite everyone.

Write a few lines about your experience of being neighborly

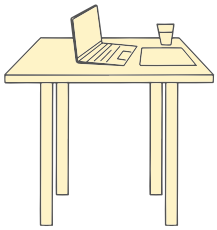
O is for Organized

Discuss the meaning of being organized

Read the book and discuss the rhyme and picture with the child. What do they see? Discuss what they understand from the scene? An organized person is able to plan things carefully and keep things in a way they can be found easily. In the pictures below, circle what you like to follow in your daily lives.

Make checklists or to-do lists

Use sticky notes as reminders



Create an organized work space

Organize your play area

Use a calendar to plan ahead

prepare daily agenda and homework log

Establish daily routines

P is for patient

Discuss the meaning of being patient

Read the book and discuss the rhyme and picture with the child. What do they see? Discuss what they understand from the scene? Being patient means not being hasty. Patience is the ability to endure a long wait calmly or deal with annoying problems without getting frustrated.

Simple steps to instill patience

- **Moving slow method:** Next time your child asks for a snack or a drink, tell them, “Sure”, and move slowly. Let your child see that you are working on it but don't help as fast as you can. When you finally give your child what they asked for, praise him for waiting so patiently. This is a simple and effective way to help young children practice patience.

- **Wait a little longer method:** This means when your child asks for a snack or a drink tell them, "Sure", but you need to finish one thing first. Wait a little bit (depending on the child’s age and how good the child is at practicing patience) then get up and honor your child’s request. Young children who have no concept of time might struggle with this at first, but they will get better at practicing patience. Again, when you have finished helping your child, thank them for being patient.

- **Acknowledge the difficulty in waiting patiently:** When the child is upset because he had to wait longer than he wanted to, ask them to take a deep breath and give them a hug. Hugs have been proven to reduce stress levels. Talk to your child and tell them that it is hard to wait but after a wait they get what they asked for. Tell them you are proud of them for waiting patiently.

- **Patience Through Play**: Most games require taking turns, and taking turns is a great way to practice patience.

Games to teach patience

- Spoon and marble race
- Read a story aloud
- Make a puzzle
- Plant a garden
- Sit and stare game

Q is for questioning

Discuss the meaning of having a questioning mind

Read the book and discuss the rhyme and picture with the child. What do they see? Discuss what they understand from the scene? Discuss the importance of asking questions based on what they observe, they might look at a phenomenon and it might make them ask Why? How? When? What?

Benefits of being curious

- Improves communication and social skills, because a child asks questions in different social settings and from different people.
- Promotes independent thinking, feeling of freedom and forming original thoughts.
- Paves the path to innovation. Seeking answers will encourage children to design or invent something new.
- Improves reasoning ability while trying to understand answers given to their questions, and coming up with answers themselves.
- Promotes critical thinking and logic building by analyzing a situation and framing a question mentally.
- Helps relationship-building since they turn to trusted sources for answers.

An exercise

- Select a story book your child loves.
- Read the story slowly, making sure they are understanding it.
- After the story is finished ask questions: WHO, WHEN, WHY, WHAT, WHERE, HOW?
- This will make them better readers and seekers. It is a way to teach them to learn to teach themselves independently, think in an original way.

Discuss the meaning of being responsive

Read the book and discuss the rhyme and picture with the child. What do they see? Discuss what they understand from the scene? Being responsive means to react promptly and positively to what is happening around us.

Discuss the following situations with children and what would they do in such situations and answer in the blank space

- You are in your room playing and you hear your younger sibling is crying. You see your parents are busy with something. What can you do?
  - Help your sibling stop crying or
  - Continue playing in your room

- There is a plant at your home which looks like its drying. What would you do?
  - Ignore it, or
  - Water it

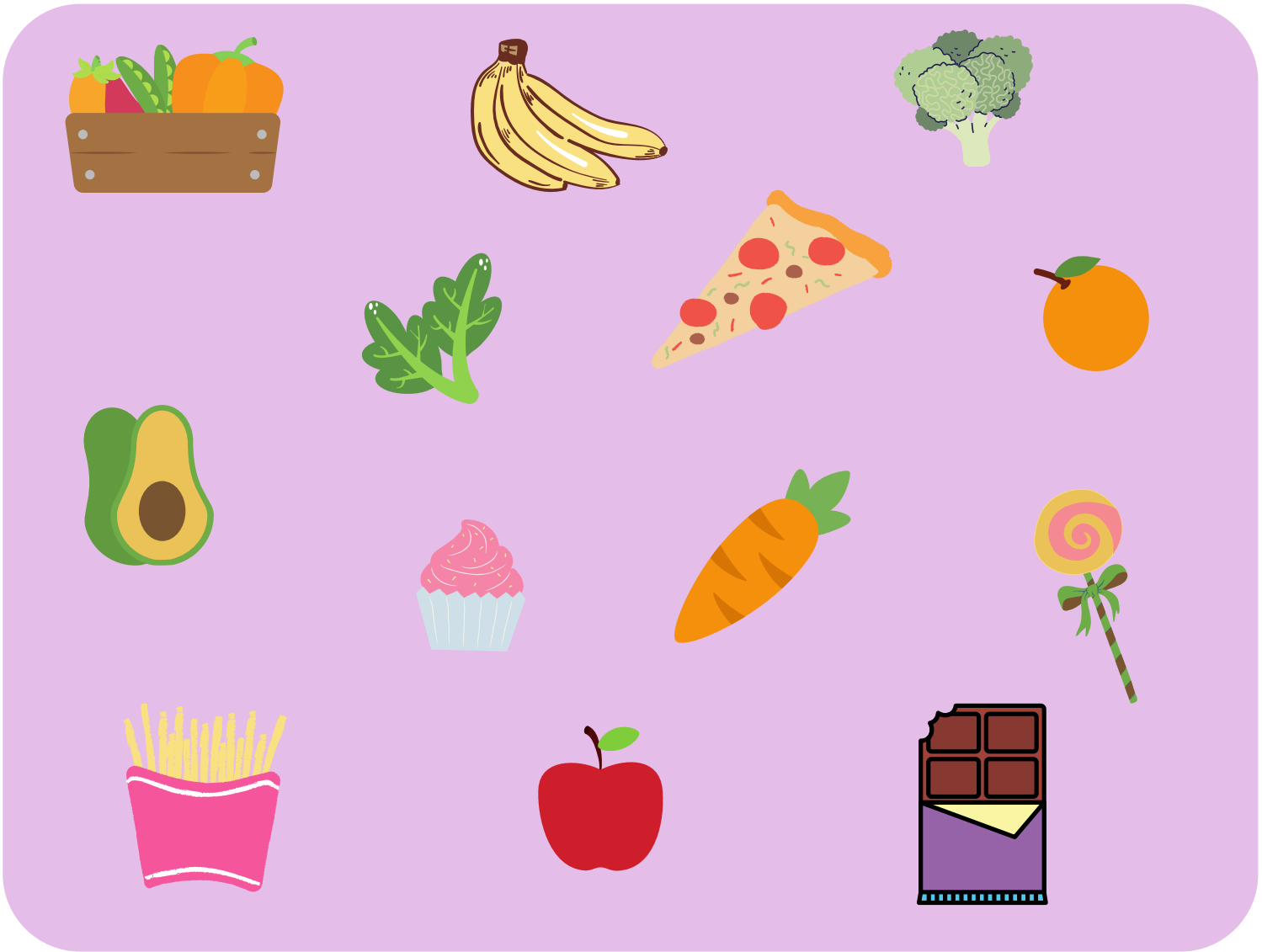
- You hear the fire alarm and you are watching your favorite show on television. What should you do?
  - Follow the instructions and rush to a safe place, or
  - Continue watching the cartoon show

S is for strong

Discuss the meaning of being strong

Read the book and discuss the rhyme and picture with the child. What do they see? Discuss what they understand from the scene? Being strong means to have great physical and mental power and ability. Discuss how eating healthy can make their body and brain strong.

Circle the items that make you strong



Discuss the meaning of being thankful

Read the book and discuss the rhyme and the picture with the child. What do they see? Discuss what they understand from the scene? Being thankful means expressing gratitude for what we have and what we get.

Gratitude Journal

Things I am thankful for are

_____

_____

_____

_____

People I am thankful to are

_____

_____

_____

_____

Is there anything that happened last week and you are thankful for

is for understanding

Discuss the meaning of being understanding

Read the book and discuss the rhyme and picture with the child. What do they see? Discuss what they understand from the scene? Being understanding means to be sympathetically aware of other people's feelings, being tolerant and forgiving. We should understand others and ourseleves.

Write and draw about a situation where you showed understanding behavior

is for valorous

Discuss the meaning of being valorous

Read the book and discuss the rhyme and picture with the child. What do they see? Discuss what they understand from the scene? Being valorous means showing great courage in the face of danger or standing up for the right thing or person. We as parents and guardians naturally want to protect our children. However, we must also encourage them to be with what is right and not be afraid of speaking up. A discussion about fire-fighters, policemen, soldiers, and other personalities of history who can become their role models will help. At the same time differentiating violence and recklessness from valor is important.

Write and draw about your favorite real-life valorous heroes

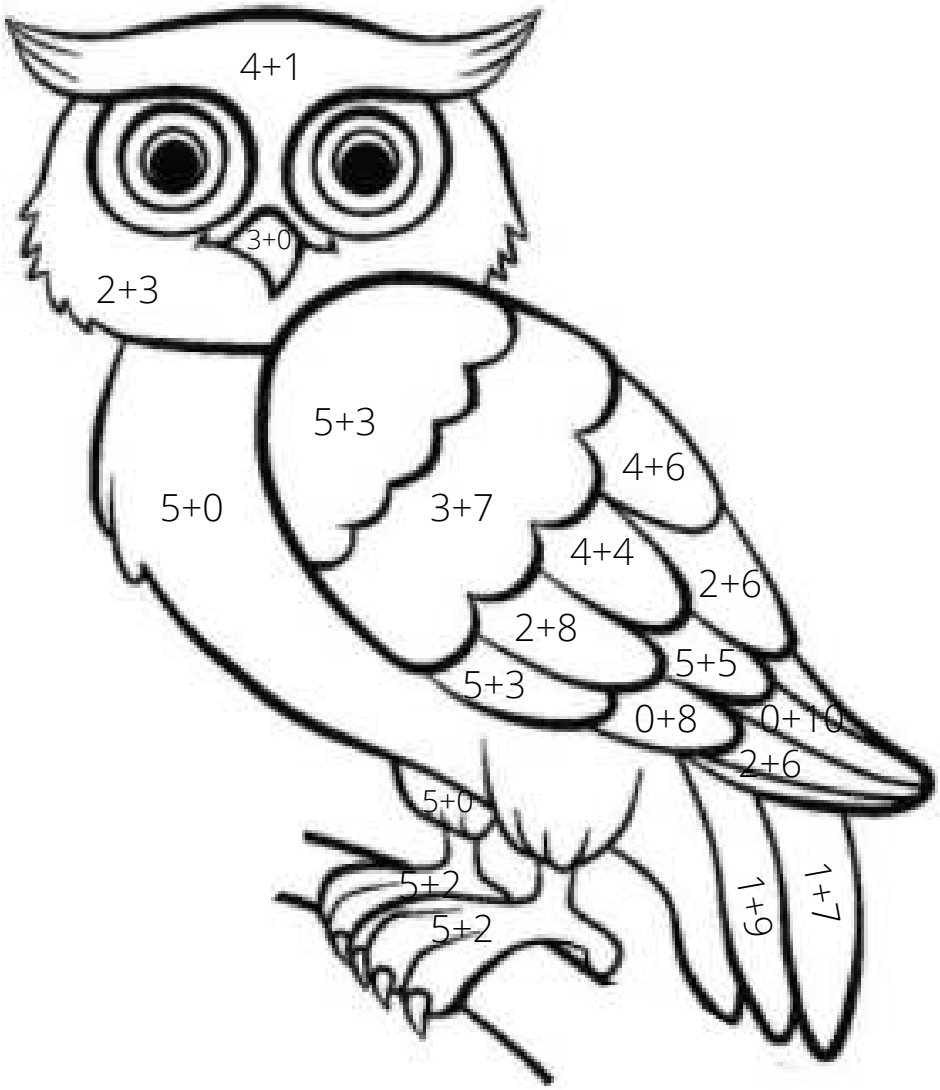
W is for wise

Discuss the meaning of being wise

Read the book and discuss the rhyme and picture with the child. What do they see? Discuss what they understand from the scene? Being wise means having or showing experience, knowledge, and good judgment. Reading good books can help grow wise.

Practice math to color the wise owl!

3- Red
5- Tan
7- purple
8- Dark Brown
10- light brown



is for think out of box

Discuss the meaning of thinking out of the box

Read the book and discuss the rhyme and picture with the child. What do they see? Discuss what they understand from the scene? Thinking out of the box means thinking creatively. With all of the future changes and automation in our society, it is our job as parents and educators to teach children to think outside of the box. We need to raise children who grow into innovative, independent, and creative problem solvers.

Few suggestions to teach children how to think outside of the box

Finding creative substitutes: Let the child come up with a substitute for something they cannot find or do not have or cannot have immediately. For example in the illustration of the book you will see two children making a caddy of blocks to hold pens.

Creative playtime: While playing, a child gets to explore different objects and solve problems. Problem-solving during playtime gives them a space to practice skills to be used in real world. For example, they can be encouraged to make something totally new with play dough, blocks, sand or even snow!

Asking questions: Asking open-ended questions without prompting what the answer could be can help kids think creatively. Questions such as: what would you do next? how can you fix this? what can you do differently? can be asked.

Reduce screen time: Watching screen is usually a passive act. Reducing screen time gives them the opportunity to think out of the box and find better ways of spending that time.

Set examples: A kid learns from role models. Interacting with creative people can also spark creativity in them.

Discuss the meaning of being yogic

Read the book and discuss the rhyme and the picture with the child. What do they see? Discuss what they understand from the scene? Having a yogic lifestyle means consciously shaping our attitudes, habits, and general ways of life to be more congruent with the philosophies, principles, morals, and ethics of yoga. While we will all have a highly individual way of implementing a yogic lifestyle, there are a few guidelines we can all follow:

- **Eat like a Yogi:** Eat healthy and minimally processed food. Healthy food makes you feel vibrant, energized and calm. Freshly cooked food is even better for our body. Fresh organic fruits and vegetables have a lot of life energy called *prana* in them. They are considered to be the best source of nutrition for a yogic lifestyle. Also, a yogi should look at what time of the day it is before deciding how and what to eat. For example after sunset metabolism also slows down so we can eat lighter dinner or have early dinner. Posture while eating is also of immense importance, a yogi likes to sit on the floor in cross-legged posture to eat food, this helps digest the food better.

- **Sleep like a Yogi:** Getting enough rest and sleep is essential for a yogi. One can simply wake up when the body wants to wake up and sleep when the body wants to fall asleep. We should listen to our body clock as much as we can. Over time as we eat better and practice Yoga and meditation our sleep becomes better in terms of time and soundness. Proper sleep is of immense importance for infants and younger children during day and night.

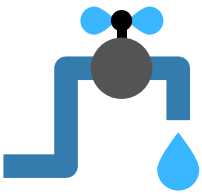
- **Think and act like a Yogi:** Being thankful for everything we have, seeing the things as they are without any bias, being ready to respond to things around us, accepting life the way it comes and not complain, and not identifying ourselves with any object are important besides practicing Yogic exercises and meditation. This will help us in becoming happier within and also build a great society.

Z is for zealous

Discuss the meaning of being zealous:

Read the book and discuss the rhyme and the picture with the child. What do they see? Discuss what they understand from the scene? Being zealous means filled with or showing a strong and energetic desire to get something done or see something succeed. A child can be zealous about supporting a good cause like supporting zero waste and 3 Rs- Reduce, Reuse, Recycle. A parent or teacher can suggest any such good cause a child to stand for.

Circle the best way to protect our planet from pollution

	Reuse	Reduce	Recycle
	Reuse	Reduce	Recycle
	Reuse	Reduce	Recycle
	Reuse	Reduce	Recycle