



# AGE LEVEL VIRTUE SUGGESTIONS

## DISCIPLE OF CHRIST VIRTUES

TO COMPLEMENT THE DISCIPLE OF CHRIST VIRTUES, the Age Level Virtue Suggestions are intended to assist educators, parents, and students in identifying practical ways to cultivate growth in virtue. "A virtue is an habitual and firm disposition to do the good. It allows the person not only to perform good acts, but to give the best of himself.

LOOKS LIKE: SOUNDS LIKE:

The virtuous person tends toward the good with all his sensory and spiritual powers; he pursues the good and chooses it in concrete actions" (see CCC, 1803).

**"GOD GIVES THE GROWTH."**  
(1 CORINTHIANS 3:7)

### JUSTICE (Fairness)

VIRTUE	AGES 6 AND UP	AGES 10 AND UP	AGES 12 AND UP
<b>AFFABILITY</b>	Smile; greet people. "How are you doing?"	Smile; acknowledge the presence of others; take time to listen to others.	Smile; acknowledge the presence of others, both peers and adults; try to see Jesus in others.
<b>COURTESY</b>	Let others go first. "You can go first." "Let's work together."	Practice manners; let others go first; speak in a gentle, patient tone; do not interrupt.	Show awareness of the feelings of others; be polite; go out of your way for others.
<b>GENEROSITY</b>	Share your items and time. "Would you like to have one of my cookies?"	Share; give away extra items.	Give of yourself; focus on one act of charity/kindness each day.
<b>GRATITUDE</b>	Smile at your mom after she cooks dinner. "Thank you!" "I am thankful for..."	Write a thank you note; take into consideration the blessings in your life.	Say thank you even for difficult or unwanted things (homework, cleaning your room, etc.); count the blessings in your life.
<b>KINDNESS</b>	Talk to someone who seems sad. "Do you need any help?"	Ask how someone is doing; respond to kindness by being kind in return.	Practice speaking, thinking, and acting kindly even when the other person is not being kind to you.
<b>LOYALTY</b>	Speak positively about family and friends. "My brother/sister/friend is good at..."	Make your actions correspond to your words and promises.	Seek to do your best to help others; fulfill your responsibilities; be faithful to your commitments.
<b>OBEDIENCE</b>	Listen; follow directions. "I would be happy to do that for you!"	Listen; follow directions the first time they are given and without complaint.	Listen to rightful authority; follow directions the first time without complaining and in a prompt manner; anticipate what is expected of you.
<b>PATRIOTISM</b>	Show respect for your country's flag. "I pledge allegiance to the flag..."	Show respect for people and symbols representing your country; pray for leaders and soldiers.	Show respect for symbols and things associated with your country; pray for your country and servicemen.
<b>PRAYERFULNESS</b>	Fold your hands while you pray. "I love you, Jesus."	Maintain a spirit of stillness with your body, mind, and heart while praying; make visits to the Chapel; create a place of prayer in your home.	Foster a spirit of interiority in your body, mind, and heart; participate in the sacraments regularly; make a place of prayer in your home.
<b>RESPECT</b>	Listen and smile when asked to do something. "Yes, Mom." "Excuse me, Dad." "Yes, Sister."	Be respectful in words and actions towards people, places, and things.	Be respectful in words and actions towards people, places, and things; avoid sarcasm.
<b>RESPONSIBILITY</b>	Complete your tasks. "I have finished my homework."	Be responsible for your homework, duties, etc.; admit when you are wrong or when you have done something wrong.	Be accountable for decisions and actions at home, at school, and in personal relationships.
<b>SINCERITY</b>	Pay attention when others are speaking. "May I help you?"	Speak and act honestly.	Say what you mean; build trust by your words and actions; state when you are sorry and what you are grateful for.
<b>TRUSTWORTHINESS</b>	Tell the truth. "I will take the money to the office."	Do the right thing even when no one is watching.	Be faithful in small matters.

### PRUDENCE (Sound Judgment)

VIRTUE	AGES 6 AND UP	AGES 10 AND UP	AGES 12 AND UP
<b>PARTS OF A PRUDENTIAL ACT</b>			
<b>GOOD COUNSEL</b> (Ask and listen)	Asking someone for advice. "May I ask you to help me?"	Seek advice from trustworthy people.	Seek advice, listen to others, and consider ideas and suggestions from people you trust.
<b>GOOD JUDGMENT</b> (Think)	Talking to a trustworthy person. "I will pray and think about what to do."	Carefully consider all the circumstances and ask, "What am I to do now?"	Carefully evaluate all circumstances and consequences before making a decision.
<b>COMMAND</b> (Act)	Following advice from a trustworthy adult. "I will do my homework first."	Take action after thoughtful deliberation.	Take action after thoughtful deliberation.
<b>VIRTUES</b>			
<b>CIRCUMSPECTION</b>	Pause to think before you say anything. "Let me first think about it."	Think before acting and speaking.	Seek advice; silently reflect upon the circumstances and consequences of your actions (memory).
<b>DOCILITY</b>	Follow directions; be willing to take turns. "Thank you for teaching me."	Listen to the teacher; follow directions; be willing to take turns.	Listen to others and be willing to follow directions; thank others for rightful corrections.
<b>FORESIGHT</b>	Think about the options. "Let me think about what will happen if..."	Learn how to gather information to make a decision; plan ahead for tests and projects.	Pray, think, act; learn how to gather information to make a decision; plan out long-term and short-term goals.

### FORTITUDE (Courage)

VIRTUE	AGES 6 AND UP	AGES 10 AND UP	AGES 12 AND UP
<b>INDUSTRIOUSNESS</b>	Work to complete your duties. "Let me finish this first."	Diligently complete a task; set small goals along the way.	Work diligently, especially in things that lead to natural and supernatural maturity.
<b>MAGNANIMITY</b>	Compliment someone else when you wanted to be recognized. "You did a great job."	Allow others to receive the praise and credit they deserve; ask God to help you recognize the good in others.	Acknowledge the good in others when it is difficult; strive to do difficult tasks with God's grace.
<b>MAGNIFICENCE</b>	Share; help others when you are good at something and they are not. "May I help you?"	Be generous with your time and offer to help others; share.	Use your talents for the good without complaining; be generous with your time.
<b>PATIENCE</b>	Wait your turn; do not get upset if things do not go your way. "I will not complain."	Be a good listener and don't interrupt; wait your turn.	Listen to others; wait for your turn; tolerate inconveniences and annoyances.
<b>PERSEVERANCE</b>	Finish your chores and homework even when you don't feel like it. "I am not going to give up!"	Complete homework on time; finish chores even if bored or tired.	Complete task from start to finish; stay with a task even when it is hard, difficult, or boring.

### TEMPERANCE (Self-Control)

VIRTUE	AGES 6 AND UP	AGES 10 AND UP	AGES 12 AND UP
<b>HONESTY</b>	Tell the truth even if it means you will get in trouble. "What I am saying is true."	Not covering up mistakes, telling the truth in all situations, speak up when someone is being treated wrongly.	Be aware that God knows your heart; don't hide things from your parents or friends; seek to live and speak the Truth even when it's hard.
<b>HUMILITY</b>	Clap for someone who does a good job. "You did a really good job!"	Give compliments to others and accept compliments from others; let others go in front of you in line.	Show deference to others; acknowledge the accomplishments of others; look honestly at your strengths and weaknesses.
<b>MEEKNESS</b>	When you get upset, count to 10 before you react. "I will wait until you are finished."	Walk away when you are angry instead of fighting.	Remain calm; allow others to go first; wait without expecting people to notice your patience.
<b>MODERATION</b>	Resist the desire to play during work time in class or at home. "No thank you, I have had enough."	Limit what you take of food; limit time spent on the computer.	Set limits for yourself; create a balance with homework and leisure activity; fast from food you enjoy.
<b>MODESTY</b>	Try not to show off. "I would like to dress in private."	Follow the dress code; dress and act with dignity as a child of God.	Recognize your dignity as a person; ask yourself if you are advertising or calling attention to yourself; dress modestly.
<b>ORDERLINESS</b>	Put things back after using them. "I will come after I put my toys away."	Use a planner to keep track of your homework; clean up before your parents ask.	Pick up after yourself; leave things in order; take pride in your appearance; use a planner to keep track of your responsibilities.
<b>SELF-CONTROL</b>	Listen to others while they speak; do not interrupt. "I will raise my hand before I speak."	Control your reactions when you feel angry or frustrated.	Fast; restrain yourself from saying or doing everything you desire; practice restraint in words and actions.





# DISCIPLE OF CHRIST VIRTUES

IN BAPTISM WE ARE GRAFTED ONTO CHRIST THE VINE; He enters us and remains in us as long as we desire His presence. By freely choosing to live as one with Christ, we permit Him to transform us from within. This life in Christ is rooted in the virtues and gifts received at baptism (see CCC, 1266).

“If faith is like the root, charity is like the sap that nourishes the trunk and rises into the branches, the network of virtues, to produce the delicious fruit of good works” (Servais Pinckaers, O.P., *Morality: The Catholic View*, South Bend, St. Augustine Press, 2001).

*Disciple of Christ Virtues* guide educators, parents, and students in identifying virtues which need to be cultivated. Each corresponding “Opposing Trait” highlights a pattern of behavior which needs change in order for one to mature in virtue.

*Human virtues acquired by education, by deliberate acts, and by perseverance ever-renewed in repeated efforts are purified and elevated by divine grace. With God’s help, they forge character and give facility in the practice of the good. The virtuous man is happy to practice them (CCC, 1810).*

**“GOD GIVES THE GROWTH.”**  
(1 CORINTHIANS 3:7)

VIRTUE	MEANING	OPPOSING TRAIT	WAYS TO CULTIVATE
<b>JUSTICE</b> (Fairness)	Enables one to give to each, beginning with God, what is due him	Failing to see what is owed to each by virtue of his dignity	Recognize what is due to God first and then to others.
<b>AFFABILITY</b>	Being easy to approach and easy to talk to - friendly	Being mean, unkind, cruel, or unflattering	Smile; acknowledge the presence of other people and take time to listen to them.
<b>COURTESY</b>	Treating other people with respect, recognizing that all are made in God’s image and likeness	Not recognizing the inherent dignity of others made in God’s image and likeness	Be aware of others’ feelings and expressions; be polite, well-mannered.
<b>GENEROSITY</b>	Giving of oneself in a willing and cheerful manner for the good of others	Giving without a spirit of cheer, with a begrudging manner	Be self-giving; focus on one act of charity/kindness each day; share.
<b>GRATITUDE</b>	Thankful disposition of mind and heart	Not expressing appreciation; taking other people and things for granted	Count the good things (blessings) in one’s life; express gratitude even when it is difficult.
<b>KINDNESS</b>	Expressing genuine concern about the well-being of others; anticipating their needs	Not regarding the well-being of others, being cruel in looks, words, and actions	Practice speaking, thinking, and acting kindly.
<b>LOYALTY</b>	Accepting the bonds implicit in relationships and defending the virtues upheld by Church, family, and country	Breaking bonds of trust with Church, family, country, friends, and school	Seek to do one’s best to help others; follow rules; fulfill responsibilities; be faithful to commitments.
<b>OBEDIENCE</b>	Assenting to rightful authority without hesitation or resistance	Resisting the directives of rightful authority	Listen to rightful authority; follow directions; give a prompt response.
<b>PATRIOTISM</b>	Paying due honor and respect to one’s country, with a willingness to serve	Lacking regard or respect for one’s country and national symbols	Show respect for your country’s flag; speak respectfully about government officials; recite the Pledge.
<b>PRAYERFULNESS</b>	Being still, listening, and being willing to talk to God as a friend	Entertaining distractions during prayers and Mass	Cultivate a spirit of prayer and recollection; maintain the proper posture (kneeling, sitting still, etc.).
<b>RESPECT</b>	Speaking and acting according to one’s own and others’ rights, status, and circumstances	Resisting the directives of rightful authority	Be respectful in words and actions (body language); allow others to go first.
<b>RESPONSIBILITY</b>	Fulfilling one’s just duties; accepting the consequences of one’s words and actions, intentional and unintentional	Failing to accept responsibility for one’s words and/or actions; being unreliable	Be accountable for one’s personal actions and decisions at home, at school, and in personal relationships.
<b>SINCERITY</b>	Trustfulness in words and actions; honesty and enthusiasm towards others	Speaking or acting in a manner only to make oneself look good; being insincere	Tell the whole truth; build trust by words and actions; state what one is sorry for.
<b>TRUSTWORTHINESS</b>	Acting in a way that inspires confidence and trust; being reliable	Being devious or deceptive	Perform actions that restore and maintain trust; act with fidelity in small matters.

VIRTUE	MEANING	OPPOSING TRAIT	WAYS TO CULTIVATE
<b>PRUDENCE</b> (Sound Judgment)	Enables one to reason and to act rightly in any given situation – “right reason in action”	Being hasty or rash in one’s words or actions	Pray for guidance. Seek sound advice. Think about the situation. Act upon the decision.
PARTS OF A PRUDENTIAL ACT			
<b>GOOD COUNSEL</b> (Ask and listen)	Seeking advice from a reasonable person	Seeking advice from those who agree with you; asking moral advice from people who do not share your moral values	Seek advice from trustworthy people.
<b>GOOD JUDGMENT</b> (Think)	Thinking rightly about a decision	Acting without thinking	Carefully consider all the circumstances and ask “What am I to do now?”
<b>COMMAND</b> (Act)	Directly acting upon a sound decision	Failing to act upon a sound decision	Take action after thoughtful deliberation.
VIRTUES			
<b>CIRCUMSPECTION</b>	Careful consideration of circumstances and consequences	Considering only oneself when acting	Seek advice; silently reflect upon the circumstances and consequences of one’s actions (memory).
<b>DOCILITY</b>	Willingness to be taught	Being stubborn, inflexible, and proudly set in one’s ways	Listen to others and be willing to follow directions; thank others for rightful corrections.
<b>FORESIGHT</b>	Consideration of the consequences of one’s actions; thinking ahead	Failing to consider later consequences	Pray, think, act; learn how to gather information to make a decision; plan out long-term and short-term goals.

VIRTUE	MEANING	OPPOSING TRAIT	WAYS TO CULTIVATE
<b>FORTITUDE</b> (Courage)	Enables one to endure difficulties and pain for the sake of what is good	Choosing the easiest task; being cowardly; being insensible to fear	Withstand difficulties; complete hard tasks.
<b>INDUSTRIOUSNESS</b>	Diligence, especially in work that leads to natural and supernatural maturity	Giving in to a lack of motivation to complete one’s responsibilities; being lazy	Diligently complete a task; set small goals along the way.
<b>MAGNANIMITY</b>	Seeking with confidence to do great things in God; literally “having a large soul”	Seeking to do great things for self-promotion – not seeking to do the good that is possible – pusillanimity (weak, spineless)	Acknowledge the good in others when it is difficult; strive to do difficult tasks with God’s grace.
<b>MAGNIFICENCE</b>	Doing great things for God	Being wasteful; not responding to grace	Use one’s talents for the good; act with generosity towards others.
<b>PATIENCE</b>	Bearing present difficulties calmly	Being impatient while completing a difficult task or in handling challenging circumstances	Listen to others; wait for one’s turn; tolerate inconveniences and annoyances without complaining.
<b>PERSEVERANCE</b>	Taking the steps necessary to carry out objectives in spite of difficulties	Quickly giving up when a task is challenging	Complete task from start to finish; stay with a task when it is hard, difficult, or boring.

VIRTUE	MEANING	OPPOSING TRAIT	WAYS TO CULTIVATE
<b>TEMPERANCE</b> (Self-Control)	Enables one to be moderate in the pleasure and use of created goods	Intemperance; overindulging in a good thing	Exercise the freedom to say ‘no’ to one’s wants and desires.
<b>HONESTY</b>	Sincerity, openness, and truthfulness in one’s words and actions	Being dishonest in words and actions; telling lies	Live uprightly in words and actions; recognize that “God sees the heart.”
<b>HUMILITY</b>	Awareness that all one’s gifts come from God and appreciation for the gifts of others	Failing to recognize the gifts of others; being too proud or having false humility	Show deference to others; acknowledge the accomplishments of others; look at one’s strengths and weaknesses honestly.
<b>MEEKNESS</b>	Serenity of spirit while focusing on the needs of others	Giving in to anger and losing one’s temper when working or playing with others	Remain calm; allow others to go first; wait without complaining.
<b>MODERATION</b>	Attention to balance in one’s life	Giving in to being excessive in one or more areas of one’s life	Set limits for oneself; create a balance in one’s life by limiting the use of media, consumption of additional food and drink, etc.
<b>MODESTY</b>	Purity of heart in action, especially in regards to dress and speech	Choosing to dress or act in a way inconsistent with one’s dignity as a child of God	Follow the dress code; recognize your dignity as a person; ask yourself if you are respecting yourself as a child of God.
<b>ORDERLINESS</b>	Keeping oneself physically clean and neat and one’s belongings in good order	Disorder with regard to one’s space and physical appearance	Establish order in one’s daily life; keep one’s space and appearance orderly and clean.
<b>SELF-CONTROL</b>	Joyful mastery over one’s passions and desires	Being excessive in words or actions, acting impulsively	Mastery of one’s desires; practice restraint in regards to words and actions.