

EDUCATING OUR CHILDREN IN HUMAN VIRTUES

Grade 3
Strathmore School
Monday, 10th July, 2023

How Habits Work

Charles Duhigg

- ❑ Habits are stored in our brains
- ❑ They follow a **Habit Loop**
 - ▶ **A cue** activates the action
 - ▶ *I smell the aroma of chapatti*
 - ▶ **A routine** follows the cue.
 - ▶ *I say something nice to mum who is in the kitchen*
 - ▶ **A reward** results from completing the action
 - ▶ *I leave with a chapatti and a cup of tea*

Happiness Chemicals

Simon Sinek

Happiness Chemicals	Key Phrases	Example
Endorphins	“No Pain”	While doing sports.
Dopamine	“One more level”	Setting and achieving milestones
Serotonin	“I’ll do anything for my family”	Making the other proud
Oxytocin	“We had a good time together”	Family time; one-on-one with boss

Breaking the Bad Habit

James Clear

- ▶ Get rid of the cue
- ▶ Break the routine. Rehearse a new routine
- ▶ Acquire a good habit to override the bad one
- ▶ Develop the willpower muscle
- ▶ Spoil the rod and build the child

Keystone Habits

James Clear

- ▶ Meditative Prayer / Quiet time
- ▶ Having family dinners
- ▶ Making your bed every morning
- ▶ Tracking what you eat or spend
- ▶ Exercising
- ▶ Planning out your days

Punishment / Discipline

- ▶ Proximity to the bad behaviour
- ▶ It should be expected
 - ▶ Be clear about what “Bad” or “Messy” means.?
 - ▶ Explain what is desirable
- ▶ It should involve some pain
- ▶ It is best if it helps to remedy the consequences



Rewards – Age 8 -12

- ▶ Acknowledge their effort
- ▶ Time off from chores
- ▶ Camping or Barbeque in the backyard
- ▶ Order pizza
- ▶ Choosing a special breakfast
- ▶ Eating out
- ▶ Planning a day's activities
- ▶ Sleeping in a different place in the house
- ▶ Taking a trip to Karura Forest
- ▶ Selecting something special for dinner

Virtues and Vices

Thomas Aquinas

Virtues are actions resulting
from dispositions toward

what is good for a creature

to do

as is determined by its **nature.**

Professor David Isaacs in *Character Building*

	Up to the age of 7	From 8 to 12	From 13 to 15	From 16 to 18
Predominant Cardinal Virtue	Justice	Fortitude	Temperance	Prudence
Principal Theological Virtue		Charity	Faith	Hope
Key Human Virtues	Obedience Sincerity Orderliness	Fortitude Perseverance Industriousness Patience Responsibility Justice Generosity	Modesty Moderation Sociability Friendship Respect for others Simplicity Patriotism	Prudence Flexibility Understanding Loyalty Audacity Humility Optimism
Result	Happiness and human maturity			

Character forming - Age 8-12

- Moderate pleasure and pain

Temperance

- Decision making

Prudence



Justice

Fortitude

- **Perseverance**
- **Patience**
- **Industriousness**

- **Generosity**
- **Responsibility**

Character forming - Age 8-12

- ▶ In these years children are **able to take responsibility** for their own character improvement.
- ▶ They respond very well if encouraged to act from **motives of charity** towards a parent or one of their sisters or brothers.
- ▶ **Home atmosphere and family example** continue to play a major role, consolidating the habits acquired in earlier years.
- ▶ The value of a **positive peer group** becomes very noticeable also at this time

Educating in Virtue means

1. Give **Knowledge**

- Learn the virtues and teach them TRUTH, GOOD, BEAUTY ...

2. **Model** the Virtues

- Show them by example

3. Through **Discipline**

- Point out what vice they have and tell them the virtue they could have practiced.

4. **Pray** for the Grace

- God is their ultimate goal

Application for this Class



- ▶ Honesty
- ▶ Gratitude
- ▶ Cooperation
 - ▶ Sharing – Selfless collaboration
 - ▶ Being of service

Further Reading

THE POWER OF **HABIT**



Charles Duhigg

THE INTERNATIONAL BESTSELLER

Tiny Changes,
Remarkable Results

Atomic Habits

An Easy & Proven Way
to Build Good Habits
& Break Bad Ones



James Clear

"A must-read for any parent of boys." — DR. HERBERT OZ, Professor and Vice Chairman,
New York Presbyterian Hospital, Columbia University.

boys adrift

THE FIVE FACTORS DRIVING THE GROWING EPIDEMIC OF
UNMOTIVATED BOYS AND UNDERACHIEVING YOUNG MEN

video games • teaching methods
prescription drugs • environmental toxins
devaluation of masculinity

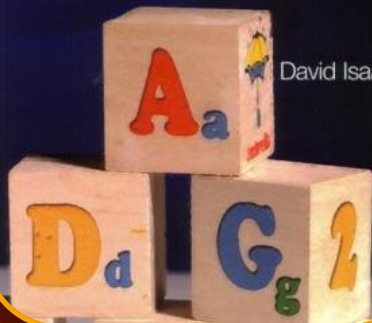
WITH A NEW AFTERWORD FROM THE AUTHOR

Leonard Sax, M.D., Ph.D.

Author of *Why Gender Matters*

A Guide for Parents and Teachers
**CHARACTER
BUILDING**

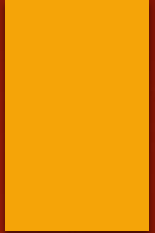
David Isaacs



The Virtue Driven Life

Fr. Benedict J. Groeschel, C.F.R.

Questions?



▶ Thank you.