



The Virtues and Character Development Project

The One who calls you is faithful, and He will do it.

I Thessalonians 5:24

Humility – Humble – Composite of Activities Curriculum

Note – before reading the content in this module, it is important that the *Humility Pre-Activity Curriculum* has been reviewed.

The following list provides examples of activities that leaders will be able to do with their students. They are divided into Primary School, Secondary School, and Higher Education. In addition, there are some that are more general and could be used at any age.

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Primary School (Kindergarten through 5th grade)

Cyndi Fannin

HUMILITY Scripture references and short summary:

- Psalm 25:9 – *He guides the **humble** in what is right and teaches them His way.*
- Proverbs 11:2 – ***Humility** precedes wisdom.*
- Isaiah 66:2 – *God honors a **humble** heart, not necessarily actions.*
- Micah 6:8 – *God requires justice, mercy, and **humility**.*
- Matthew 23:12 – *True greatness comes in **humility**.*
- Philippians 2:5-8 – *We are commanded to follow Jesus' model of **humility**.*
- James 4:6 – ***Humility** gains God's favor.*
- I Peter 5:6 – *God lifts up those who are **humble**.*

Resources:

- *The Tower* by Richard Paul Evans
- *Humble Pie* by Jennifer Donnelly

Activities:

- Read aloud a picture book that exemplifies humility. Read a few scriptures provided. Then, have your child come up with an antonym (opposite word). Hopefully, they will eventually get the word PROUD or a similar word that might be useful. Have one or more children fill in the chart below:

	Humble	Proud
Looks like		
Sounds like		
Synonyms		
Biblical examples		
Book characters		
End result		

- Discuss how situations in life may help a person be humble. Then, form pairs and act out the following scenarios:
 - First, introduce yourself to your partner, explaining your strengths with pride. Take turns and discuss how that was showing off and being proud. Second, introduce yourself with your strengths, but be humble. Discuss the differences.
 - As in the first example, have a conversation with your partner in which you are only waiting your turn to talk. Discuss how this does not result in true listening. Then, have a conversation with active listening skills: learning about each other, asking good questions, and focusing on the other person.
- In a group discussion, have students take turns answering the following questions.
 - How did Jesus model humility?
 - To have true humility, I must _____ with others.
 - To grow in humility, I must _____.
 - Humility involves being content. How do I do that?
 - The hardest place to show humility is _____.
 - The most important thing about humility is _____.

Sheri Nessmith

To teach 2nd graders about humility, focus on activities that demonstrate appreciation for others, acknowledging strengths and weaknesses, and practicing gratitude and empathy. Examples include role-playing scenarios, the *Present Game*, and creating tools for service.

Here are some activities to teach humility to 2nd graders:

Role-Playing Scenarios:

- Present students with situations where they can choose to be boastful or humble.
- Have them act out both responses, discussing how each feels to the person receiving the response.
- For example, after winning a game, they could brag about it or say *good game* to the other players.
- Discuss how everyone involved would feel in each scenario.

Activities

I Can Be Humble Today By...

- Children need daily reminders to develop character traits.
 - Use an old calendar or print a blank calendar page and write at the top of it *I can be humble today by*
 - Help children fill in each day of the month with an example of humility.
- Help someone learn a new behavior
 - Holding open a door for someone
 - Saying *thank you* to a janitor
- Ask the children to tell you something they do well, ask them why they are so good at that activity, and show appreciation to the person who helped them
 - Example: say to a coach: *I couldn't have learned to play baseball so well if you hadn't been such a good coach.*
 - This will show them how to be humble rather than prideful about being good at something.

Thankful for People Who Provide Valuable Services

- There are many people who perform jobs that make your child's life easier. This could be a homeschool teacher, janitor, librarian, or someone who organizes a community event.
 - First, helping your child identify these selfless people.
 - Next, provide materials for your child to create thank you cards to give to these people.
 - Helping your child see how they benefit from the humility of others can help them become more humble, too.

Humble Hands

- This is a version of the tag game *it*, where you help each other. It will require a large group of students.
 - You start with one *it* person.
 - The *it* person must tag another person and say something nice about them.
 - Now, there are two *it* people.
 - You continue to tag and say something nice about everyone tagged until there isn't anyone left.

The Present Game

- Give an empty gift bag to each of your children and have them move around the house to find one *gift* to give each other. They don't have to be real gifts, just objects, toys, books, clothes or something that they think the other person might like. Remind them that it should be something that they own and that they won't mind if they don't get back.
- When everyone has found a gift to give, take a moment and talk about the correct way to give and receive gifts.
- Explain that when they open each other's presents they must 1) thank the person and 2) say something nice about the gift, even if the gift is something silly or something that they don't like.
- It may help if you model for the kids by opening a gift first yourself and showing them how to respond gratefully.

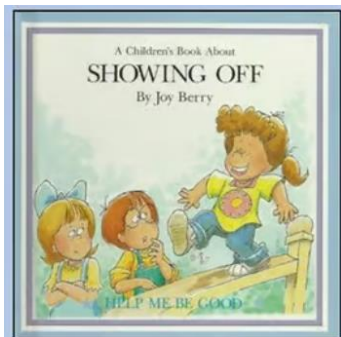
Trash Collector

- Who likes to pick up trash? I can't think of anyone who just loves to go and pick up trash, especially trash that is not their own.
- However, to be humble means to be a servant. So, find ways to serve others.
- Invite your children to create a tool that will help them pick up trash!
 - Select a park in an area that is sure to provide lots of opportunities.
 - The children will be more excited to participate when you tell them you will be going to a park to first pick up trash and then to play!

ABC Game

- While going on a trip in the car, have one person start with the letter *A* and say one thing for which he is thankful that starts with an *A*.
- Then, go to the next person and do the same, but choose words that begin with the letter *B*
- Continue doing this to the end of the alphabet.

Here is a good book to read on humility.



- Be thankful for the good things in your life, big and small.
- Check out the other books on the *Resources* page.

Secondary School (6th through 12th grades – Middle School and High School)

Cassandra Quinn – Middle School

Here are three ideas for 6th to 8th graders.

The Thankfulness Journal

- Each night, write down one thing for which you are thankful that someone did for you that day. (It's a good reminder that we don't do life on our own.)

Community Service

- Choose a place in your local community (either as a family or as a class) where you could serve (a shelter for people who are unhoused, a food bank, a local church, etc.).
- Spent time serving others
- Reflect on the experience, with each person saying how the experience helped them.
 - This reinforces that humility is not only about *lowering* oneself, but to also show gratitude that you are able to serve others.

The Shout Out Day (this was inspired by *Humble Hands*, but it is a social media version of it)

- This is for kids who have social media (7th and 8th grade).
- On social media, you can tag people in posts that you make.
 - One person starts by *tagging* a friend (or two), and saying something for which they are thankful about the person or saying something nice about the person.
 - The person who was *tagged* must pass it along: go on her social media account, make a post, and tag someone else.
 - This could be completed by a church youth group or in a classroom setting.

Sarah Madtes – High School

Humility Activity 1:

- Encourage your high school student to become more involved in the community through volunteer work.
 - Work with your student to find opportunities in your area where the student could get involved.
- Showing by example is always encouraged as well.
 - Maybe set aside time once a month or once every 3 months to have volunteer day for the whole family as well.

Humility Activity 2:

- Regular family devotions is a good practice to be doing.
 - Shifting the theme of those devotions to acts of humility that are found in scripture can lead to deeper conversations with your student about:
 - What this looks like
 - Why it is important, and
 - How God showed us that He is a God who serves others.

Humility Activity 3:

- Starting when the children are younger
 - Point out small acts of kindness opportunities that people may not notice and encourage younger child to do them
- When that the student is in high school, challenge the student to find his own small acts of kindness he can do.
 - See if the student can do one a day.
- Talk with the student about
 - What things the student found throughout the week
 - The impact it made on the other person (even if the person never said anything), and
 - The impact that can now have on the student
- Use these opportunities to talk about how being a servant to others isn't something we are called to do to get praised for it, but it is what we do because we are following the example of the Great Servant, Jesus Christ.

Humility Activity 4:

- On New Year's Eve every year, have the students create a list of the people who have had an impact on them over this past year. (Include an address, if possible. This will be important later.)
 - This is something that could be started much younger than high school.
 - Use this time to talk with the student about the reminder we need about how we are not able to do things all on our own and need each other.
- At the time of high school graduation, encourage the student to pull out the lists from the past years to see the number of people who have helped the student reach this point of success and growth in their own life.
 - Encourage the student to send *thank you* notes to these people for their impact. (This is why you needed the addresses.)

Humility Activity 5:

- Give your high school freshman a *humility journal*.
 - Encourage her to use it to reflect on behavior, actions, and words of humility that she has either witnessed or done herself.
- Provide reflection questions like:
 - *When was the last time you helped someone without expecting anything in return?*
 - *How do you handle situations when things don't go your way?*
 - This is to help your student with journaling or to discuss with your student.
- This can be a journal the student is able to look back on to see personal growth.

Humility Activity 6:

- Be talking through, and teaching, your high school student the meaning of forgiveness and responsibility.
 - Part of humility is acknowledging your own mistakes and being willing to apologize.
 - Another part of humility is allowing someone else to apologize and being willing to forgive them.
- You can do Bible studies with your student on apologizing and forgiveness.
 - Help your students create their own Bible studies.
- You can help guide the student through life situations as they arise, as to next steps.
 - Part of this could be doing role-play to help them practice

Humility Activity 7:

- Get your student involved in competition.
 - Healthy competition can challenge pride.
- Discuss how they handle winning and losing.
 - Humility in winning and graciousness in losing
 - There should be humility no matter the outcome or performance.

Humility Activity 8:

- Practicing active listening
 - One of the most humble things we can do is to listen well to others.
 - Encourage your student to listen more than he speaks, especially when talking with people who may not have the same perspective or status as he does.
- Set aside time for family discussions where everyone shares something without interruption.
 - Practice active listening by repeating back what others say, showing that you value their input.

Humility Activity 9:

- Humility includes doing what is right without seeking attention.
 - Encourage your student to take on leadership roles quietly and without boasting.
 - Whether it's a school project, helping a peer, or volunteering at church, leading humbly is a great example to set.
 - If your child is involved in any leadership activities (like a youth group, sports team, or school club), encourage her to lead by example, rather than seeking the spotlight.

Humility Activity 10:

- As a parent, your own humility will have a profound impact on your child.
 - Practice humility in your own life.
 - Be transparent when you make mistakes.
 - Apologize when necessary, and
 - Show respect to others, no matter their status.
- Discuss with your student your own journey of humility.
 - Share stories where you had to be humble and how it shaped you.
 - This could provide a model for your child and lead to deeper conversations about humility.

Humility Activity 11:

- Always affirm and praise your student when she exhibits humility.
- Offer specific compliments when you see humility in action
 - *I noticed you helped your sibling without being asked. That was really humble of you!*
- Positive reinforcement can motivate them to continue acting in a humble way.

Higher Education (College and Professional School)

Cindy Bailey

Humility is not thinking less of yourself, it's thinking of yourself less. – C.S. Lewis

Week 1:

- Reflection/Journal on Humility in General
 - Without looking up the term, how would you define humility?
 - Now, look up definition of humility. How close was your definition? Did anything surprise you about the actual definition of humility?
 - Now that you have a good working definition of humility, give an example of an act of humility. What traits make this a true act of humility?

Week 2:

- Mother Theresa has been well documented on her thoughts of humility.
 - *Humility is the mother of all virtues; purity, charity, and obedience. It is in being humble that our love becomes real, devoted, and ardent. If you are humble, nothing will touch you, neither praise nor disgrace, because you know what you are. If you are blamed, you will not be discouraged. If they call you a saint, you will not put yourself on a pedestal.*
 - Read the quote above a few times. What are your thoughts on this quote?
 - Mother Theresa lived counter-culture and has inspired many to do the same. She made a humility list to live by. Below is a small sampling of the list (<https://www.goodcatholic.com/mother-teresa-humility-list/>).
 - Speak as little of yourself as possible.
 - Keep busy with your own affairs and not those of others.
 - Avoid curiosity.
 - Do not interfere in the affairs of others
 - Accept small irritations with good humor.
 - Do a search on her thoughts of humility. What stands out to you about her thoughts? Was anything she said challenging?

Week 3:

- Reflection/Journal on You and Humility
 - What makes you feel humble? (Don't make this overly difficult.) For example, the grandness of a redwood tree from the Redwood National Park brings a sense of how small we are on Earth, which leads to a sense of being humble. The ocean, mountains, etc. may give the same type of realization. Nature has a way of centering a person. Spend some time reflecting/journaling on when you feel humble.
 - BONUS: If possible, visit the location, and reflect on humility (if this is your example humility).

Week 4:

- List those who have made you who you are.
 - Part of humility is realizing you are molded into the person you are by many other individuals. Think of a bullseye having the center with rings working its way toward the outside. The bullseye would represent those who influenced you the most. (Many would say Jesus, parents, etc.)

- Begin the week with listing those individuals that would be in your bullseye. Try to be as specific as possible with the ways they helped shape you into the person you are now. You may have a long list.
 - Example: Grandma showed unconditional love that has molded me to also try to show unconditional love
- Once you have your bullseye group complete, begin to think of the next group (the first ring). This may include relatives, friends, pastors, etc. Again, list those individuals and the specific ways they helped to form you.
- Now complete the bullseye with one more ring. These folks would be on the outer rings. They helped shape your life as well, but maybe not as much as the previous (examples: coaches, teachers, etc..). Like before, list the individuals, as well as the lessons they have taught you.
- Once your list is complete, spend some time to reflect on how those individuals have poured into your life to help you become who you are. Do they inspire you to pour into others? If you could pour into someone, what trait(s) would you like to show?

Week 5:

- Thankful for those who made you who you are.
 - Go back to the list that you have worked on from the previous week. Begin by choosing a person on that list that you would like to thank. Depending on the person you choose, find a way to say thank you. This can look very different for each person. One obvious approach may be a letter or a phone call. Maybe you can take the person out to coffee. (I am sure Grandma would love to spend time with you). For some, the person may have passed away. Spend some time in prayer thanking God for placing that person in your life.
 - How many people you decide to thank is up to you. You could do a *person of the week* until you have completed your list.

Week 6:

- Your turn:
 - Time to self-reflect on your life and how you could be more humble. With all that has been learned in the past few weeks, how could you be more humble? What small steps could you do? Small changes for many days will result in significant changes.
 - Begin to become intentional in being humble. As you walk through your journey, identify ways you can be sincerely humble. You may want to journal your small steps. While it may not feel natural at first, the more you intentionally work at it, it should become easier.

Laetitia Ngalamulume

Here is my idea for teaching young adults (or 16+ students) about humility:

- Something that I like to do on humility is acknowledge at least one instance I wronged someone in the past month or the past year.
 - Since no one is as perfect as Jesus Christ, I like to think that there must be at least one time I did not do the will of God.
 - So, I think acknowledging the wrong we did, asking for forgiveness, and maybe fixing what was broken, is a good way to demonstrate humility.
- A good way I think we can go about it is to organise a discussion in a group or as a family, where each person recounts something wrong that was done.

- The activity can be divided into three parts:
 - First, we talk about the wrong we did.
 - Then, we think with the others about how we can show remorse, and how we can try to fix things.
 - Finally, everyone goes their way and try to implement the ideas during the week or the month.
- Later, another session may be organised to get everyone's successes or failures, with of course, no judgement.

Athletes

Don Gipple

Some things to do with athletes:

- Have them go thank their parents for
 - Bringing them to the game and
 - Supporting them after a game
- Have them serve others at school.
- Open doors for the younger children at school.
- Prepare a pancake breakfast for staff as they arrive to work one day.
- Write thank you notes to teachers that inspire them.
- Help with practice and camps for younger teams.

General

Charity Kelechi Lele

First, we introduced the *Fruit of the Holy Spirit*, linking it to the *Tree of Virtue*

- We remind the young ones once again that the fruit of the Holy Spirit comes from Christ.
- We teach them that the Tree of Vices is of the devil.
- At this point, we used audio-visual aids to reinforce our points by highlighting some of the fruit of the Holy Spirit, including Love, Joy, Peace, Patience, and Kindness.
- Then, we paused to ask the children, based on their ages, about instances where they had shown kindness to someone, including parents, siblings, classmates, friends, and neighbors.
- Then, children shared personal stories where someone showed kindness toward them, stressing that they can receive kindness from others.

Activity:

- We took a memory verse on humility.
 - Each child wrote on a sticky note and placed it on the board for us as teachers.
 - They also took a copy home to show kindness to people around them, including their parents.
- The children from about examples of showing kindness, including
 - Some wrote about washing dishes
 - Others wrote about running errands, and

- Some promised to care for their younger ones

Sara Schmid Hasbajrami

Humility is also shown in the ability to recognize one's own mistakes and apologize to the people affected. This concept can be applied across all ages – from toddlers to adults.

For elementary school children, the activity can take the form of a journal with prompts such as:

- For what should I apologize?
- To whom?
- How will I do it?

(Optional) How did it go?

For students and adults, the same idea can be adapted with deeper reflection questions, such as:

- Am I inclined to ask for forgiveness and express genuine regret?
- Am I able to recognize my mistakes?
- Am I aware that I can be wrong?
- To whom do I think I should apologize?
- How do I plan to do it?
- How did it go?

For students, this can still be presented as a journal activity. For adults, it can simply be a set of reflection questions.

A final encouragement for everyone is to pray over a list of names of people from whom they need to ask forgiveness, and to ask God for guidance, and the humility to apologize sincerely.

Stephen Zirkle

FAMILY TRASH COLLECTION:

- As a family, purchase or create *trash pickers*
- Go to public park / adopt a road
- Gather trash together
- While doing this, or afterward, discuss together
 - The work
 - The benefits
 - How it relates to humility

HOT SEAT AT DINNER:

- Before or after meal
 - One member sits in *hot seat* and receives compliments from family (members of the family call out strengths to the hot seater).
 - The *hot seater* receives and responds with simple gratitude, by saying, *thank you*.