



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 children. 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 the 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 child or children fill in the chart below:

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

- Discuss each situation that helps a person be humble. Then act out:
 - In pairs, introduce yourself to your partner explaining first your strengths with pride. Take turns and discuss how that was showing off and being proud. Then, introduce yourself with your strengths, but be humble. Discuss the differences.
 - As in the first example, pairs have a conversation in which each is only waiting their turn to talk. Discuss. Then, students have a conversation with active listening skills. Students are now learning about each other, asking good questions, and focusing on the other person.
- In a group discussion, 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 child to tell you something they do well and ask them why they are so good and show appreciation to that person
 - 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.
 - Start by 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 others humility, can help them become more humble too.

Humble Hands

- This is a version of tag where you help each other out. It will require a large group of kids.
 - 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 your children each a gift bag and have them run 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

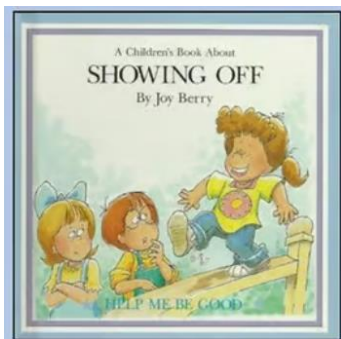
something that they think the other person might like. Remind them that it should be something that they own and that they won't mind if they don't get back.

- 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 it 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, to 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 we would be going to a park to first pick up trash and then to play!

Here is a good book to read on humility.



- Be thankful for the good things in your life, big and small.

ABC Game

- While going on a trip in the car, have one person start with the letter A and say one thing that they are thankful for that starts with an A.
 - Then go to the next person and do the same, but with the letter B, and so on to the end of the alphabet.

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

Cassandra Quinn – Middle School

Here are the three ideas for 6th-8th graders.

The Thankfulness Journal

- Each night, write down one thing that you are thankful for 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 class or as a family) 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 (closer to 7th/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 that they are thankful for about the person/something nice about the person.
 - The person who was *tagged*, must pass it along, going on their social media and making a post and tagging 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 they 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 their own small acts of kindness they 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.

Humility Activity 4:

- On New Year's Eve every year, have the student create a list of the people who have had an impact on them over this past year.
 - 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

Humility Activity 5:

- Give your high school freshman a *humility journal*.
 - Encourage them to use it to reflect on behavior, actions, and words of humility that they've either witnessed or done themselves.
- Provide reflection questions like, *When was the last time you helped someone without expecting anything in return?* and *How do you handle situations when things don't go your way?* to help your student 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
- 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 humblest things we can do is listen well to others.

- Encourage your teen to listen more than they speak, especially when talking with people who may not have the same perspective or status as they do.
- 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:

- Sometimes, humility is about doing what's right without seeking attention.
 - Encourage your teen 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 them 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 teen 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 teen when they exhibit 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 this planet 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 towards 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. The obvious 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 them into 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 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 maybe to organise a discussion in a group or as a family, where each person recount something they did wrong.
 - The activity can be divided into two sessions where, in the first session we talk about the wrong we did. Then we think with the others how we can show remorse, and how we can try to fix things.
 - Then, everyone goes their way and try to implement the ideas during the week or the month.
 - And finally another session is organised to get everyone's successes or failures, of course with no judgement.

Athletes

Don Gipple

Some things to do with athletes:

- Have them go thank their parents for bringing them 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

Firstly, we introduced the fruits 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.
- At this point, 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/stories where someone showed kindness towards 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 on how they would 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 teenagers 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 teens, 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*.