

## Outline of Virtue Workshop Kits and Activities - (Creators: Metreud/Tomanio)

- For a deeper understanding of workshop concepts, we recommend reading:  
***With Thine Own Eyes: Why Imitate the Past when We Can Investigate Reality?***  
***(Tomanio, Iverson, Ring) - Available from George Ronald Publishing***

### Proverbs of Oneness Workshop Kit

- **Adult and Children's Activity** - Proverbs are universal wisdom, passed down as gentle advice on how to have healthy relationships. They are a proof of the oneness of humanity and an antidote to racism.  
Game: Proverbs from every country in the world: PowerPoint slides or printed cards - group consultation  
Activity - Connect proverbs to specific virtues on list: *Gifts of Character* (the Virtues Project)  
Activity - Color in illustrated drawings of specific proverbs

### A Balance Between Giving and Receiving Workshop Kit

- **Adult Activity 1** - inner state of balance - yardstick exercise - balancing giving and receiving
- **Adult Activity 2** - Game: give/receive attributes - matching halves of attribute hearts
- **Children's Activity 1** - Giving arm/receiving arm in sling -unable to give/receive acts of service
- **Children's Activity 2** - Inner state of balance - yardstick exercise- balancing giving and receiving
- **Children's Activity 3** - Game: give/receive attributes - matching halves of attribute hearts

### Acquiring Virtues Workshop Kit

- **Adult Activity 1** - Explore 27 virtues; finding virtues needed for four relationship groups: Family, Friends, Workplace, Everyone
- **Adult Activity 2** - Like diamonds, there are many facets of a virtue. Respond to question: What is the virtue I'm capable of receiving/giving that will improve my relationship with another person?  
Demonstration: virtue blocks representing unique virtues we each possess. All relationships are built on a foundation of giving and receiving justice.  
**Adult Activity 3** - L O V E scenarios - creating virtue paths formed by engaging in increasingly complex giving and receiving acts of service
- **Children's Activity 1** - Game: L O V E scenarios - creating virtue paths formed by engaging in increasingly complex giving and receiving acts of service
- **Children's Activity 2** - Game: Working on My Growing Self - The Path of Evolving Perfection: virtues and opposite character traits - Moments of Perfection and Moments of Imperfection

### Consultation: The Value of Working Together Workshop Kit

- **Adult Activity** - Lost At Sea Navy Team-building exercise - individual work/ group consultation  
Explore the prime requisites needed in consultation - We all contribute a part of the truth to a group understanding
- **Children's Activity 1** - Conceptual Thinking - TRUTH - Tips of the Iceberg  
Read *Seven Blind Mice* - We all see parts of the entire concept
- **Children's Activity 2** (appropriate for middle elementary and older) -  
Survival Backpack Team-building exercise - individual work/group consultation

### **Discovering Our Uniqueness Workshop Kit**

- **Adult Activity** - Exploring unique spiritual gems in ourselves and others - developing virtues through life experiences - unpolished gems are polished in the rock tumbler of life
- **Children's Activity** - Exploring unique spiritual gems in ourselves and others - developing virtues through life experiences - unpolished gems are polished in the rock tumbler of life  
Activity: Making Gem necklaces

### **Diversity Workshop Kit**

- **Adult Activity 1** - Oneness + Uniqueness = Diversity = Healthy Relationships  
Puzzle activity - our diverse spiritual qualities connect like the pieces of a colorful puzzle
- **Adult Activity 2** - Puzzle Activity - Finding points of spiritual connections with others who are different from us allows us to form a new social reality
- **Children's Activity** - Puzzle Activity - our diverse spiritual qualities connect like the pieces of a colorful puzzle; making strong friendships - finding connections - Each friend teaches me something I can't learn from anyone else

### **Evolving Perfection Workshop Kit**

- **Adult Activity** - Comparing individuals to a half-full or half-empty glass. We are all a combination of perfections and imperfections; Society is affected by built-in cultural biases of religion, socio-economic background, race, etc.
- **Children's Activity** - Comparing our friends to a glass of clean water and a glass of water with a worm in it. We and our friends are not totally perfect or imperfect. We are all growing toward God.  
Activity: Moving friends, perceived as imperfect, to outside of circle and inviting them back inside circle

### **Foundation of Self-Esteem Workshop Kit**

- **Adult Activity 1** - We are all noble and filled with spiritual attributes.  
The source of our self-esteem is God and not ourselves.  
Activity: Discussing quotations about our nobility and God's love for us.
- **Adult Activity 2** - Nesting dolls representing layers of outer and inner identities. Innermost identity is being a unique servant of God.
- **Children's Activity** - Nesting dolls representing layers of outer and inner identities.  
Innermost identity is being a unique servant of God.  
Activity: Adding unique fingerprint to nesting doll card representing a unique servant of God

### **God's Great Teachers Workshop Kit**

- **Adult Activity** - Comparison of Prophets of God to oases in the desert.  
Each Prophet is indispensable for our survival and we can not bypass any of Them.
- **Children's Activity** - Comparison of Prophets of God to oases in the desert.  
Each Prophet is indispensable for our survival and we can not bypass any of Them.  
Game: Traveling through the desert and stopping at each oasis for refreshment of various fruits

### Healthy Communication Workshop Kit

- **Adult Activity** - Learning to communicate in a spiritually healthy manner in a rapidly deteriorating materialistic society. Healthy Communication: One servant of God to another servant of God  
Unhealthy Communication: Acting like a prophet of God or acting like God when communicating with others
- **Children's Activity** - Game: Pairs learning to work together so that the bond of unity in communication is not broken - Communication with friends, family and with God is all-important

### Identity and Purpose - Being and Doing Workshop Kit

- **Adult Activity 1** - Maintaining a balance between "identity"(being) and "propose" (doing)  
Demonstration: "Being" arm / "Doing" arm in slings and trying to lift table
- **Adult Activity 2** - Our true identity as a "servant of God" is a combination of being and doing.
- **Children's Activity** - Maintaining a balance between "identity"(being) and "propose" (doing)  
Servant of God Being and Doing chart - with scenarios  
Special hat Activity - What we do each day changes, but we remain servants of God forever.  
Game: "Who I am" (being) and "What I do" (doing) card match

### Immortality Workshop Kit

- **Adult Activity** - The essence of our souls is eternal. We will never go out of existence.  
Activity: "Drops in One River" - Each person is like a stream that flows into one big eternal river. When we add our unique qualities to the river, we change the river and we change ourselves forever.  
Demonstration: Eternal Shining Lamp (soul) and Lampshade (body)
- **Children's Activity** - Each person is like a stream that flows into one big river. When we add our unique qualities to the river, we change the river and we change ourselves forever.  
Game: Super Hero Helping Ducks and the River of Helping Qualities  
Demonstration: Eternal Shining Lamp (soul) and Lampshade (body)

### Making Better Choices Using Our Three Natures Workshop Kit

- **Adult Activity 1** - The animal nature only understands tangible physical realities. The human nature, whose main power is the mind, can also understand intangible physical realities and also intangible mental realities. The spiritual nature can also perceive intangible spiritual realities.  
Game: Tug of War: Puppy Mind (animal nature) vs. Brilliant Star (spiritual nature) compete for control of the Choice Maker (mind) - with scenarios and labeled necklaces
- **Adult Activity 2** - The animal nature and the spiritual nature compete for control of the mind  
Activity: Channeled plank on fulcrum - One end represents the animal nature. The other end represents the spiritual nature. The ball in the middle represents the mind. - with scenarios
- **Children's Activity 1** - The animal nature, the human nature (mind) and the spiritual nature  
Game: Tug of War: Puppy Mind (animal nature) vs. Brilliant Star (spiritual nature) compete for control of the Choice Maker (mind) - with scenarios and labeled necklaces
- **Children's Activity 2** - The animal nature and the spiritual nature compete for control of the mind  
Activity: Channeled plank on fulcrum - One end represents the animal nature. The other end represents the spiritual nature. The ball in the middle represents the mind. - with scenarios

### **Meditation: Learning Asking Inner Questions Workshop Kit**

- **Adult Activity** - We ask inner questions and receive guidance which God has placed in our hearts.  
We use this knowledge to generate acts of service.  
Crow's Breath Meditation exercise - Breath in perfections and exhale imperfections - with scenarios
- **Children's Activity** - We ask inner questions and listen for the answers that come to our hearts from God.  
Crow's Breath Meditation exercise - Breath in perfections and exhale imperfections - with scenarios  
Activity: Student sheet - using our Virtue Super Powers to solve the unique problems of each day

### **Soul, Mind and Spirit Workshop Kit**

- **Adult Activity** - Spirit is the creative force that generates all life. There are five degrees of spirit: animal, plant, human, spirit of faith, Holy Spirit. The mind is the power of the human spirit.  
A soul, animated by the spirit of faith, reaches its fullest potential in this world and hereafter.
- **Children's Activity** - God gives different types of spirit to every living thing in the world.  
Game: Choose the highest level of spirit needed in different life situations (scenarios)

### **Three Conditions of Existence Workshop Kit**

- **Adult Activity** - The three conditions of existence are: servants of God (us), Prophets of God and God.  
God reflects His teachings for us into the Mirrors of His Prophets.  
Activity - Clean the dust off and polish the mirrors (of our hearts)  
Activity - Draw and decorate mirrors
- **Children's Activity** - We talk to God through His Special Teachers who are like Mirrors.  
God's Special Teachers reflect God's light onto the mirrors (of our hearts)  
Activity - Clean the dust off and polish the mirrors of our hearts  
Activity - Draw and decorate mirrors

### **Unconditional Love Workshop Kit**

- **Adult Activity 1** - If we want to learn how to communicate with God, we must learn the language of God.  
God speaks the language of "All", "Unconditional", "Oneness."  
Activity: Building a wall of "if" bricks - conditions separating us from others and from God. - with scenarios
- **Adult Activity 2** - Holding onto grudges prevents us from holding onto people we love. We also distance  
From other people and from God. Grudges also have a damaging effect on the world. Whole groups of  
individuals and societies are damaged when they hold grudges against each other.  
Activity: Creating a "grudge" balloon - In adding a weight for each grudge, we sink down closer to the earth -
- **Adult Activity 3** - Holding a grudge against someone is like carrying that person on our back for life.  
Activity: Placing rocks into pockets of vest worn by a participant, increasingly weighing him/her down.
- **Children's Activity 1** - When we put an "if" condition on someone, we build a wall higher between us and  
we can't see or get to our friends. We also build a high wall when we put "if" conditions on God.  
Activity: Building a wall of "if" bricks - conditions separating us from others and from God. - with scenarios
- **Children's Activity 2** - Grudges are silly, bad feelings we carry around with us. They are like heavy weights.  
Activity: Creating a "grudge" balloon - In adding a weight for each grudge, we sink down closer to the earth
- **Children's Activity 3** - Holding a grudge against someone is like carrying that person on our back for life.  
Activity: Placing rocks into pockets of vest worn by a participant, increasingly weighing him/her down.