



Spirituality at Chesterton: Windows, Mirrors and Doors

We feel that the Ofsted definition (below) is clear and simple for all to understand. Through our diverse programme of collective worship, pupils are given opportunities for spiritual learning, reflection and action.

- *ability to be reflective about their own beliefs (religious or otherwise) and perspective on life*
- *knowledge of, and respect for, different people's faiths, feelings and values*
- *sense of enjoyment and fascination in learning about themselves, others and the world around them*
- *use of imagination and creativity in their learning*
- *willingness to reflect on their experiences*

"Spirituality is like a bird; if you hold it too tightly, it chokes. If you hold it too loosely, it flies away."

Rabbi Hugo Gryn

Windows - Encounter

Opportunities for children to:

- consider the world in new ways.
- look out into the world.
- learn about life in all its fullness.
- think about life's 'wows' – things that are amazing.
- think about life's 'ows' – things that are painful or take us by surprise.

Mirrors - Reflection

Opportunities for children to:

- reflect on their experiences.
- look inside yourself.
- consider life's big questions and reach for some possible answers.
- Learn from life by exploring our own beliefs and insights; and those of others

Doors - Transformation

Opportunities for children to:

- respond
- apply what they've learnt in 'real life'
- take positive action and apply our ideas
- live out our beliefs and values

Value: Respect

Windows - Opportunities for children to consider the world in new ways

Bible Stories/Events:

In School:
 Climate Action Day
 Anti-bullying Week
 Speak Out Stay Safe
 South Africa Week
 Newsround
 Visits to non-Christian places of worship

Bible Stories:
 The Good Samaritan (Luke 10:25–37)
 David Spares King Saul's Life (1 Samuel 24:1–22)
 Jesus Washes His Disciples' Feet (John 13:1–17)

Qualities of Respect:

Acceptance
 Patience
 Gratitude
 Accountability
 Stewardship
 Reliability
 Self-Respect
 Kindness
 Tolerance
 Understanding



Building Firm Foundations For Life

Daniel in the Lion's Den (Daniel 6:1–23)
Joseph Forgives His Brothers (Genesis 45:1–15)

Diversity
Democracy
Empathy

Mirrors – Opportunities for children to reflect on their experiences/beliefs

Reflection Questions:

- What can you do if you see someone being treated unfairly or unkindly?
- How do we show respect for people who are different from us (age, background, abilities)?
- How can you show respect to nature and your school environment?
- What is one respectful habit you can practise this week?
- How do you feel when someone respects you?
- Can you think of a time you showed respect to someone? How did it make them feel?
- What are some ways you can show respect to yourself every day?
- How can we show respect to our classmates, even if we don't agree with them?
- Why is it important to listen when someone else is talking?
- Which Bible story about respect do you like most? Why?
- How can Jesus' example teach us to be more respectful?

Doors – Opportunities for children to respond/act/change

- **Helping a Classmate** – Offer to help someone struggling with schoolwork or sharing classroom resources.
- **Including Others in Play** – Invite someone new or shy to join a game during break time.
- **Listening Actively** – Practise giving full attention when someone is speaking, showing their words matter.
- **Caring for Shared Spaces** – Clean up the classroom, playground, or garden, showing respect for the environment.
- **Standing Up Against Unkindness** – Politely tell someone when a behaviour is unfair or unkind, promoting fairness.
- **Admitting when you're wrong** – say sorry and mean it. Learn from mistakes.
- **Trying New Cultural Experiences** – Taste food from another culture, read a story from another country, or learn a simple greeting in another language. Understand different ways children live, learn, and show respect.

- **Practising Daily Manners** – Greet teachers and peers, say “please” and “thank you,” and hold doors open.
- **Sharing Personal Talents** – Use your abilities to help the class or community, like reading aloud or helping with art projects.
- **Family and Community Acts of Respect** – Help at home, visit grandparents, or participate in a community service project.

Self-reflection - notice how your words and actions can show respect to others.

Value: Compassion

Windows - Opportunities for children to consider the world in new ways

Bible Stories/Events:

The Prodigal Son — Luke 15:11–32

Story: A father forgives and welcomes home his wayward son with open arms.

Lesson: Compassion is unconditional love and forgiveness.

Jesus Feeds the Five Thousand — Matthew 14:13–21

Story: Seeing a hungry crowd, Jesus multiplies loaves and fishes to feed them.

Lesson: Compassion meets both physical and spiritual needs.

Qualities of Compassion

Kindness

Showing care and gentleness in what we say and do.

“Be kind and compassionate to one another.” — Ephesians 4:32

Forgiveness

Letting go of anger and choosing to make peace.

“Forgive, as the Lord forgave you.” — Colossians 3:13

Empathy

Understanding how someone else feels and standing with them in their struggles.

The Good Samaritan — Luke 10:25–37

Story: A Samaritan helps a beaten man left on the road after others pass by.

Lesson: Compassion means loving beyond boundaries of race, religion, or social status.

Jesus Heals the Leper — Mark 1:40–45

Story: A man with leprosy begs Jesus to heal him. Moved with compassion, Jesus touches him and heals him.

Lesson: Compassion moves us to reach out to those society rejects.

The Unforgiving Servant — Matthew 18:21–35

Story: A king forgives a servant's huge debt, but the servant refuses to forgive someone who owes him a little.

Lesson: Compassion means forgiving others just as God forgives us.

"Rejoice with those who rejoice; mourn with those who mourn." — Romans 12:15

Generosity

Sharing what we have — time, love, or possessions — with others in need.

"It is more blessed to give than to receive." — Acts 20:35

Patience

Being gentle and calm with others, especially when they make mistakes.

"Love is patient, love is kind." — 1 Corinthians 13:4

Mercy

Showing love and forgiveness even when someone doesn't deserve it.

"Blessed are the merciful, for they will be shown mercy." — Matthew 5:7

Service

Helping others without expecting anything in return.

"The Son of Man came not to be served but to serve." — Mark 10:45

Love in Action

Compassion isn't just feeling sorry — it means *doing something* to help.

"Let us not love with words or speech but with actions and in truth." — 1 John 3:18

Mirrors - Opportunities for children to reflect on their experiences/beliefs

Reflection Questions:

- Who do you love?
- Who loves you?
- How do you show that you love someone?

- Can we see/hear/touch/taste/smell love?
- Do we love our friends the same way that we love our family?
- Do we just love humans? Think of pets and other living things.
- Can we love people we do not like?
- How can we show that we love God?
- Do we know how to love when we are born or do we have to learn how to love?

Doors – Opportunities for children to respond/act/change

Opportunities for children to respond to the value of Compassion:

- Making or writing cards and letters — for Mother's Day, Father's Day, or to show care and appreciation to others.
- Harvest – food bank collections — sharing what we have with people in need.
- Shoebox Appeal / Christmas Giving — packing gifts for children who have less.
- Fundraising for charities — exploring different charities that support others and finding ways we can show our support.
- Environmental action — litter picking, tree planting, "Park and Stride" days, or other projects that show care for creation.
- Collective Worship involvement — leading prayers, readings, or reflections about compassion.
- Links with the local church — learning about and joining in with how compassion is lived out in the community.
- Reflection journals — writing or drawing about how we have shown or received compassion during the week.
- Acts of Kindness Challenge - Children complete small acts of compassion each day — helping a friend, comforting someone who's sad, or including someone new at playtime.
- Set up a 'Compassion postbox' where children can post thank-you notes or kind messages to others in school.
- Writing our own class prayers – linking to the value of compassion and thanking God for his love.
- Singing worship – specifically focused on the value of compassion for the term.

Reflection questions:

- How many different ways can we show that we love someone?
- Why do you think Jesus showed compassion to others?
- How can we follow Jesus' example of compassion in our school?
- What do you think stops people from being compassionate sometimes

Value: Resilience

Windows - Opportunities for children to consider the world in new ways

Bible Stories/Events:

- David and Goliath (1 Samuel 17) - David was a young shepherd boy who stood up to a giant named Goliath. Everyone else was too scared, but David trusted God, used his sling and a stone, and defeated the giant.
- Ester the Brave Queen (Book of Esther) - Esther was a young woman who became queen. When her people were in danger, she was scared but chose to speak up. God helped her be brave, and she saved her people.
- Joseph and His Colourful Coat (Genesis 37-50) - Joseph's brothers were mean to him and sold him as a slave. He was put in jail for something he didn't do. But Joseph kept trusting God, and later, he became a leader in Egypt and helped his family.
- Noah Builds an Ark (Genesis 6-9) - God told Noah to build a big boat (ark) because a flood was coming. People laughed at him, but Noah kept building and trusting God. Because of that, his family and the animals were safe.

Qualities of Resilience

Determination
Steadfastness
Perseverance
Spirit
Tenacity
Endurance
Courage
Hard Work
Commitment
Dedication

Mirrors - Opportunities for children to reflect on their experiences/beliefs

Reflection Questions:

What do you think “resilience” means?

Can you think of a time when something was really hard, but you didn’t give up?

What helps you to keep going when you feel like quitting?

Have you ever made a mistake but got a chance to try again? How did that feel?

Who is someone you know who is very strong on the inside? Why?

Have you ever done something brave, even when others didn’t think you could?

Have you ever had to go somewhere new or do something scary? How did you stay brave?

Have you ever stood up for someone or for what you knew was right?

Have you ever worked hard on something for a long time? What helped you keep going?

When you feel frustrated or sad, what helps you feel better or stronger?

What would you say to a friend who wants to give up on something hard?

Can you think of a time when you helped someone else be strong?

What do you think God wants you to remember when life feels hard?

Doors - Opportunities for children to respond/act/change

Opportunities to respond to the value of resilience:

- Try something new, even if it’s hard - encourage children to learn a new skill (e.g. riding a bike, tying shoes, reading out loud), while framing mistakes as part of learning.
- Being a helper, even if it’s not easy - Offer children small leadership or helping roles (e.g. classroom assistant, prayer leader, tidy-up helper), especially when they might feel shy or unsure.
- Using words to build others up - Start a ‘Kindness Chain’ where children write or draw ways they can help friend feel strong when they are down
- Talking to God when things are tough – Introduce ‘when I feel ..., I can pray....’ Prayers’
- Not giving up, even when you fail - Celebrate ‘failure stories’ or ‘try again’ moments in class. Create a “Perseverance Wall” with stories of things students kept trying until they succeeded.
- Forgiving Other (and Yourself) - Reflect on a time a friend made a mistake, or they made one. Talk about how forgiveness helps us move forward.
- Standing up for what’s right - Role-play situations where children can choose to be kind or stand up for others (e.g. including someone left out, telling a teacher if someone is being hurt, saying no to peer pressure).

Reflection questions:

What is something you used to think you couldn't do, but now you can?
What's something new you'd like to try, even if it seems hard at first?
If you make a mistake, what could you do next time to keep going?
How do you think people become strong inside? Can you grow that way too?
What's something you've learned from a hard situation?
If you were in a story like David and Goliath, what would you do?
Can you think of a time when you were scared but did something brave anyway?
What would it look like to be brave in your classroom or playground?
What does it mean to be strong on the inside—even when you feel weak?
If someone you know is struggling, what could you say or do to help them keep going?
If you could walk through a "bravery door," what would you do today?
What's one small step you can take this week to keep going or try something new?

Value: Hope

Windows - Opportunities for children to consider the world in new ways

Bible Stories/Events:

- **Noah** (Genesis 6–9) - Even when the world seemed lost to sin, God preserved humanity and life through Noah. The rainbow became a lasting symbol of His promise and mercy.
- **Abraham and Sarah** (Genesis 18–21) - Abraham and Sarah waited decades for a child. Despite their old age, God fulfilled His promise and gave them Isaac — showing that nothing is impossible with God.

Qualities of Hope

- Positivity
- Optimism
- Aspiration
- Dreams
- Expectations
 - Belief
 - Faith
- Fulfilment

- **Ruth** (book of Ruth) – Naomi has hope for the future of her step-daughters. After losing everything, Naomi felt hopeless. But Ruth’s devotion — and God’s providence — restored joy and family through Boaz. Their descendant was King David, and ultimately, Jesus Christ.
- **Daniel in the Lions’ Den** (Daniel 6) - Hope in the face of fear. Daniel’s faith in God was unshaken even when thrown into a den of lions. God delivered him unharmed, showing that hope in Him brings protection and victory. My God sent his angel, and he shut the mouths of the lions.” — Daniel 6:22
- **The Woman with the Issue of Blood** (Mark 5:25–34) Hope for healing. After twelve years of suffering, this woman’s faith led her to touch Jesus’ cloak — and she was healed instantly. Her story teaches that hope in Jesus brings restoration. “Daughter, your faith has healed you. Go in peace.” — Mark 5:34
- **Paul and Silas in Prison** (Acts 16:16–40). Hope in worship. Beaten and imprisoned, Paul and Silas prayed and sang hymns — and God miraculously freed them. Their faith inspired others, including the jailer who came to believe in Christ. “At midnight Paul and Silas were praying and singing hymns to God...” — Acts 16:25
- **Paul’s Perseverance** (Acts 9–28, Philippians 1–4) Message of hope: Despite persecution and imprisonment, Paul’s faith never wavered. His letters, written from prison, overflow with joy and assurance in God’s goodness. “I can do all things

- Assurance
- Motivation
- Free will
- Confidence
- Patience
- Vision
- Determination
- Communal

through Christ who strengthens me.” — Philippians 4:13

- **Jesus’ Resurrection** (Matthew 28, Luke 24, John 20)
The ultimate hope. When Jesus rose from the dead, He conquered sin and death forever. His resurrection is the foundation of Christian hope — that through Him, we have eternal life. “He is not here; he has risen, just as he said.” — Matthew 28:6

Mirrors - Opportunities for children to reflect on their experiences/beliefs

Reflection Questions:

- What is hope?
- How important is hope?
- What do you hope for and why?
- How do we put our hope in God?
- What are your hopes for the future?
- What are your hopes for the world?
- Are all our hopes the same?
- Have any of your hopes been achieved?
- **Noah and the Ark** (Genesis 6–9) Theme: Hope after destruction

Questions for reflection:

When have you had to keep believing in something good even when it was hard?

What do you think Noah felt when he saw the rain and the flood?

Have you ever felt scared but trusted God to keep you safe?

What does the rainbow remind you of about God’s promises?

Opportunities for reflection:

 Draw your own rainbow and write one promise from God that gives you hope.

- **Abraham and Sarah** (Genesis 17–21) Theme: Hope when things seem impossible

Questions for reflection:

How do you think Abraham and Sarah felt waiting so long for a baby?

Have you ever had to wait for something you really hoped for?

What does this story teach us about trusting God's timing?

Opportunities for reflection:

 Make a "Patience Prayer Jar." Each time you have to wait for something, write a short prayer to God asking for patience and hope.

- **Joseph in Egypt** (Genesis 37–50) Theme: Hope in hard times

Questions for reflection:

What hard things happened to Joseph?

Even when bad things happened, how did Joseph show he trusted God?

Can you think of a time when something hard turned out to be good later on?

What helps you stay kind or positive when something goes wrong?

Opportunities for reflection:

 Make a "God is Working" journal. Each week, write or draw one thing that seemed hard but where you can see God's help.

- **Ruth and Naomi** (Book of Ruth) Theme: Hope through kindness and love

Questions for reflection:

Why did Ruth choose to stay with Naomi?

How does kindness help people who feel sad or alone?

How can you be a source of hope to someone today?

Who in your life helps you feel cared for when you're sad?

Opportunities for reflection:

✉️ Make a “Kindness Card” for someone who might need encouragement.

- **Daniel in the Lions’ Den** (Daniel 6) Theme: Hope in the face of fear

Questions for reflection:

What would you do if you were Daniel and people told you not to pray?

What helps you stay brave when you feel scared?

How does trusting God give us courage?

When have you felt scared but done the right thing anyway?

Opportunities for reflection:

🦁 Write a short “Bravery Prayer,” asking God to help you stand up for what’s right.

- **The Woman with the Issue of Blood** (Mark 5:25–34) Theme: Hope for healing and faith in Jesus

Questions for reflection:

Have you ever felt left out or unnoticed? How did you find hope again?

Why did the woman reach out to touch Jesus’ cloak?

What do you think it means to have faith in Jesus?

When have you asked Jesus for help and felt His care?

Opportunities for reflection:

🌸 Make a “Faith Flower.” On each petal, write or draw one way you can show faith in Jesus.

- **Paul and Silas in Prison** (Acts 16:16–40) Theme: Hope through praise and prayer

Questions for reflection:

When you’re feeling sad, what helps you remember God’s love?

Why did Paul and Silas sing songs to God in jail?

What happens when we choose to thank God even when things are hard?

How can you worship God when you feel sad or afraid?

Opportunities for reflection:

🎵 Create your own “Praise Playlist” — songs that remind you of God’s love and hope.

- **Jesus’ Resurrection** (Matthew 28, Luke 24, John 20) Theme: The ultimate hope — new life through Jesus

Questions for reflection:

When have you gone from feeling sad to happy because of something hopeful?

How do you think Jesus’ friends felt when they found the empty tomb?

What does Jesus’ resurrection show us about God’s power and love?

How does knowing Jesus is alive give you hope?

Opportunities for reflection:

🌱 Plant a seed or flower and watch it grow — a reminder of new life and hope in Jesus.

Doors - Opportunities for children to respond/act/change

- Circle time – share hopes with your friend and discuss why we want these things
- Fill a treasure chest with your hopes
- Make a tree of hope for children and adults to hang their hopes on
- Look at the lives of great Christians, dead and alive. How did/do they demonstrate hope?
- Look at the lives of children in poorer countries – discuss ways which we could help them and give them hope
- Make hope challenges with words/ pictures from magazines
- Piece of art work to represent hope

- **Noah and the Ark** (Genesis 6–9) Theme: Hope and God’s promises

Door: Make a “Promise Rainbow” — write one promise you want to keep to God, your family, or a friend this week.

- **Abraham and Sarah** (Genesis 17–21) Theme: Hope while waiting

Create a “Hope Chain” — each link shows something you’re waiting for and one way you can trust God during the wait.

- **Joseph in Egypt** (Genesis 37–50) Theme: Hope in hard times

Write or draw one way you can forgive someone, just like Joseph forgave his brothers.

- **Ruth and Naomi** (Book of Ruth) Theme: Hope through kindness and loyalty

Perform one “Ruth act of kindness” — helping someone who might feel lonely or left out.

- **Daniel in the Lions’ Den** (Daniel 6) Theme: Hope and courage

Create a “Courage Corner” in your classroom or at home — a place to write or draw things that remind you to be brave and trust God.

- **The Woman with the Issue of Blood** (Mark 5:25–34) Theme: Hope for healing and faith

Show compassion to someone who might be feeling lonely or unwell — write a get-well or encouragement card.

- **Paul and Silas in Prison** (Acts 16:16–40) Theme: Hope through praise

Make a “Praise Jar” — fill it with notes of things you can thank God for each day.

- **Jesus’ Resurrection** (Matthew 28, Luke 24, John 20) Theme: The ultimate hope — new life

Plant a seed or bulb to care for as a reminder of new life and hope in Jesus.

Value: Integrity

Windows - Opportunities for children to consider the world in new ways

Bible Stories/Events:

Zacchaeus
Jacob lies to his father
Story of Naboth's vineyard
Story of Achan
Sower of the seed
Jesus in the desert
Jonah and the whale
Moses
10 Commandments
Job

Qualities of Integrity

Honesty
Consistency
Accountability
Responsibility
Trust
Respect
Confidence
Courage
Patience
Sincerity
Humility
Self-respect
Fairness

Mirrors - Opportunities for children to reflect on their experiences/beliefs

Reflection Questions:

Being True to Yourself

What does it mean to you to "do the right thing"?
When was a time you told the truth, even though it was hard?
How do you feel when you do something you know is right?
Are there times when it's hard to be honest? What makes it hard?
What do you do when no one is watching?
What does it mean to you to "be honest with yourself"?

Integrity with Friends and Family

Do your friends and family know they can trust you? Why?

What do you do if a friend asks you to do something you know isn't right?

How do you feel when you keep a promise? Or a secret?

What do you do if you make a mistake or hurt someone's feelings?

How can you show honesty and kindness at the same time?

Integrity at School

What does honesty look like in the classroom or on the playground?

What should you do if you see someone cheating or being unfair?

Have you ever stood up for what's right, even if it wasn't easy?

How do you feel when you admit a mistake at school?

How can you help your classmates be honest too?

Making a Difference

How can being honest make the world a better place?

Who is someone you know that shows integrity? What can you learn from them?

What kind of person do you want to be when people think of the word "honest"?

How can you show honesty every day — at home, at school, and with friends?

What does it feel like when someone you trust is honest with you?

Doors - Opportunities for children to respond/act/change

Give Credit to Others

- "I can say thank you when someone helps me."
- "I can tell others what they did well instead of only talking about what I did."
- "When my team wins, I can share the praise instead of taking all the credit."

Admit Mistakes and Learn from Them

- “When I make a mistake, I can say sorry and try again.”
- “If I don’t know something, I can ask for help instead of pretending I do.”
- “I can listen when someone gives me advice.”

Show Respect for Everyone

- “I can listen to other people’s ideas, even if they’re different from mine.”
- “I can include others, even if I think I’m better at something.”
- “I can learn from people who are younger or older than me.”

Serve and Help Others Quietly

- “I can do something kind without expecting a reward.”
- “I can help a friend without telling everyone I did it.”
- “I can take turns and let someone else go first.”

Keep Learning

- “I can remember that everyone still has things to learn — even grown-ups!”
- “I can be proud of what I know and still be open to learning more.”
- “I can celebrate others’ talents and try to learn from them.”

Reflective Prompts (to turn ‘doors’ into habits)

After reading a story or doing an activity about humility, you can ask:

- “What’s one way I can show humility today?”
- “Who can I listen to or learn from this week?”
- “How can I make someone else feel important?”

Kindness in Action Challenge

Purpose: Encourage children to show humility by putting others first.

How to do it:

- Create a class “Kindness Challenge” chart.

- Each child sets a goal to do one humble act daily — e.g., helping a friend, sharing materials, giving someone else a turn to speak, or saying “thank you” sincerely.
- Reflect at the end of the week:
 - *How did it feel to help others?*
 - *Was it hard not to brag?*
 - *What did you notice about how others felt?*

“What Would You Do?” Scenarios

Purpose: Help children think through right and wrong choices.

How to do it:

- Create short stories or situations, like:
 - “You see your friend take something that isn’t theirs.”
 - “You break something at school and no one saw.”
 - “Your classmate forgot their lunch and you have extra.”
- Ask: *What would you do? Why?*

Variation: Have children act out the scenes in small groups.

“Truth Detectives”

Purpose: Learn to tell truth from exaggeration or dishonesty.

How to do it:

- Read or tell a few silly, made-up “stories.”
- Have children guess which parts are true and which aren’t.
- Talk about why honesty matters and how it builds trust.

Story time and Discussion

Purpose: Reflect on integrity through stories.

How to do it:

- Read a story that highlights honesty or doing the right thing.
- Ask:
 - What choice did the character make?

- Was it easy or hard to do the right thing?
- How would you have felt in their place?

Team Games with Fair Play

Purpose: Practice fairness and honesty in action.

Examples:

- Play games like relay races, board games, or trivia where players self-score or act as referees.
- Emphasise playing fair and being honest about wins or mistakes.
- Discuss afterward: *How did it feel to play fair? What happens when someone doesn't?*

“Integrity Tree”

Purpose: Visualise acts of integrity in the classroom or home.

How to do it:

- Draw or make a paper tree on the wall.
- Each time a child shows integrity, they write what they did on a paper “leaf” and add it to the tree.
- Watch the tree “grow” as the group practises honesty and kindness.

Value: Humility

Windows - Opportunities for children to consider the world in new ways

Bible Stories/Events:

Jesus washes his disciples' feet - John 13:1-17
The Pharisee and the Tax Collector – Luke 18:9-14
Jesus' birth in a manger – Luke 2:1-7
Moses and His Meekness – Number 12:3
Sports Day

Qualities of Humility

- Graciousness
- Sportsmanship
- Humanity
- Self-effacement
- Modesty

Mirrors - Opportunities for children to reflect on their experiences/beliefs

Questions:

- What do you think it means to be humble?
- What does it mean to be a 'good sport'?
- What makes a good leader? Is showing humility important?
- Can you think of a time when you put someone else first?
- Why is it sometimes hard to be humble?
- What do you think God thinks about people who are humble?
- How does being humble help you make friends or get along with others?
- Have you ever boasted and later realised you needed to be humble?
- What are some ways you can show humility at school or at home?
- Can you think of someone you know who is humble? What do they do that shows it?
- How can saying "I'm sorry" or "You were right" be a sign of humility?
- This week, what is one thing you can do to put someone else before yourself?

Doors - Opportunities for children to respond/act/change

1. Let Someone Else Go First

💡 *Example:* In line, during a game, or when taking turns, let a friend go before you.

Teachable moment: Humility means thinking of others before yourself.

2. Admit When You're Wrong

💡 *Example:* Say, "I was wrong," or "I made a mistake" without blaming others.

Teachable moment: It takes courage to admit you're wrong—this shows strength, not weakness.

3. Say "I'm Sorry" and Mean It

💡 *Example:* When you hurt someone's feelings or act unkindly, offer a real apology.

Teachable moment: A humble heart owns up and tries to make things right.

4. Celebrate Others' Success

💡 *Example:* "You did a great job!" or "I'm happy for you!" when someone else wins or is praised.

Teachable moment: Humility means being happy for others, not jealous or proud.

5. Ask for Help When You Need It

💡 *Example:* Saying, "I don't understand, can you help me?"

Teachable moment: Humble people know they don't know everything—and that's okay!

6. Serve Someone Quietly

💡 *Example:* Help clean up without being asked—or without expecting praise.

Teachable moment: Serving others quietly shows humility and kindness.

7. Listen More Than You Talk

💡 *Example:* Really listening when a friend is talking, without interrupting or changing the subject.

Teachable moment: Humility means valuing others' thoughts and feelings.

8. Share Credit

💡 *Example:* If working in a group, say, "We did this together" instead of "I did it."

Teachable moment: Humble people don't take all the credit.

9. Include Someone Who's Left Out

💡 *Example:* Inviting someone sitting alone to join your group or game.

Teachable moment: Humility puts others' needs ahead of your own comfort.

10. Thank Others Sincerely

💡 *Example:* Saying "thank you" to a teacher, friend, or even your parents.

Teachable moment: Gratitude is a humble way of saying, "I didn't do it all on my own."