

# CHARACTER TRAIT FOR DECEMBER

## SPIRITUALITY



### I. DEFINITION

**Spirituality**- the quality or state of being concerned with religion or religious matter : the quality or state of being spiritual

### II. QUOTES

“If you do a good job for others, you heal yourself at the same time, because a dose of joy is a **spiritual** cure.”- *Dietrich Bonhoeffer*

“Everyday is an opportunity for all who value **spirituality** in their lives to connect and unite in our wish for a more peaceful world.” -*Robert Alan Silverstein*

“Reconnect with the **spiritual** force that animates the best in you. Then let your every action flow from your strength and compassion.” -*Fran Korten*



### III. QUESTIONS AND ACTIVITIES

- Have your students choose an activity to help those in need. Some examples may include; adopting an Angel Tree child, singing to the elderly, making Christmas cards for the needy, etc.
- Discuss with your students the true meaning of Christmas.
- Read the Legend of the Candy Cane, and attach a candy cane for the kids to enjoy.

### IV. RELATED PICTURE BOOKS

The Tale of Three Trees retold by Angela Elwell Hunt

The Gift of the Christmas Cookie by Dandi Mackall

The Christmas Story by Jane Watson



Know What Matters.