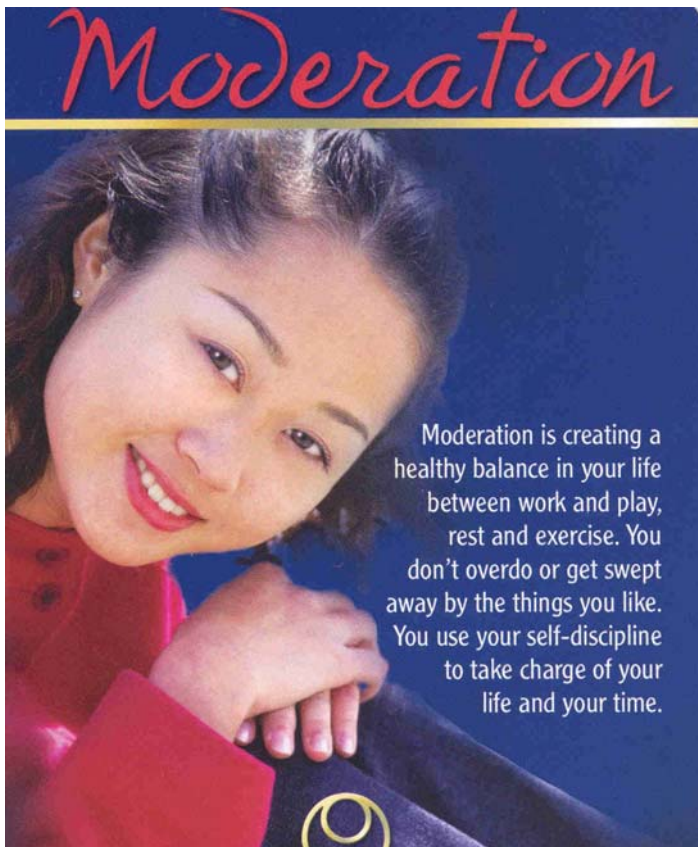


# Family Virtues Newsletter

This weeks Virtue:



Things a family can do to practice

## *Moderation* ...

- Get enough of what you need, no more, no less
- Use of self-discipline to stop yourself from overdoing
- Take care of your health
- Balance work and play in your life
- Know your own limits and set boundaries for yourself
- Be content with enough



Maddie and her mother, Jenny, perform a puppet skit about learning to use self-discipline to prevent eating too many treats (donuts).



As part of a balanced life, Avery turns off her TV and computer and decides to go for a ride on her bicycle.

Next Virtue:

# Gentleness

Come join the fun:

Virtues classes are held each Sunday from 9:30 a.m. to 11:00 a.m. at the Grand Bend Public School Community Room for children ages 5 – 14. All are welcome and it's free. Call Josy and Gord Britton at 238-6036 or [gordbritton@hay.net](mailto:gordbritton@hay.net) to register your child. [www.virtuesproject.com](http://www.virtuesproject.com)