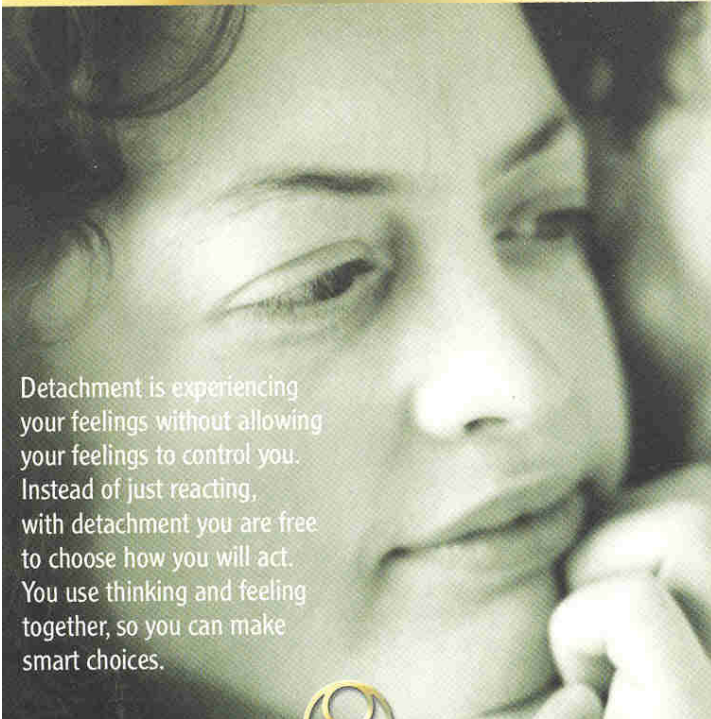


Family Virtues Newsletter

This weeks Virtue:

Detachment



Detachment is experiencing your feelings without allowing your feelings to control you. Instead of just reacting, with detachment you are free to choose how you will act. You use thinking and feeling together, so you can make smart choices.



Emily practices detachment when she feels her emotions and stops to think, before she acts.

Things a family can do to practice *Detachment* ...

- Don't get swept away by strong feelings
- Take time out before doing something you regret
- Step back and look at your feelings
- Act instead of react
- Let go of things you cannot control
- Choose to do what is right



The class listens while Casey reads her Virtues Pick, Creativity. Alexis shares that Casey is good at drawing.

Next Virtue: **Caring**

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 for children ages 5 – 14. All are welcome and it's free. Call Josy and Gord Britton at 238-6036 or gordbritton@hay.net to register your child. www.virtuesproject.com