



*Building Our Future Through  
Education, History and Culture!*

# SEPTEMBER 2015

## VIRTUES



## Bringing Virtues to Life

Compliments of:  
Virgin Islands Department of Education  
Division of Virgin Islands Cultural Education

## ***Frequently Asked Questions***

### ***Learning More About the Virtues Project***

#### **What is The Virtues Project?**

The Virtues Project is considered a global grass roots initiative to inspire the practice of virtues in all aspects of life. It was honored by the United Nations during the International Year of the Family as a “model global program for families of cultures”, it serves as a catalyst for the renewal of kindness, justice, and integrity in more than 90 countries. It was founded by Linda Kavelin Popov, Dr. Dan Popov, and John Kaveline in 1991.

The Virtues Project continues to inspire and mobilize many thousands of families, educators, leaders, and employees to commit acts of service and generosity, to heal violence with virtues, and to create safe and caring communities.

#### **What are Virtues?**

Borrowing six year old Sharon’s description, “Virtues are what’s good about us.”

Virtues are the essence of who we are. They are the content of our character and the basis of genuine happiness.

#### **Why Virtues? Why Not Virtues?**

Values are what we value and care about. They could be anything. We may value getting rich and famous, we may value power over others, but that doesn’t mean we will have good character. Values are culture-specific because what some families or cultures value, others don’t. Virtues are much more elemental than values. While values are culture-specific, virtues are universally valued by all cultures.

#### **Why teach virtues?**

Many teachers and administrators are finding that applying the strategies of The Virtues Project is transforming the culture in their schools by helping them to create a total environment of caring and respect.

They have replaced discouragement with empowerment, having discovered that words such as “lazy”, “retarded”, “stupid”, “unacceptable” were literally demoralizing and dis-courage-ing their students.

When they filled their classrooms with encouraging words, such as “helpful”, “excellent”, “compassionate”, self-disciplined”, “integrity”, and “kind”, they find these behaviors flourish.

**Why has the Virtues Project been so successful?**

Its success is credited to the teaching and the application of their Five Strategies. These strategies are the signature contribution of The Virtues Project. They are based on the virtues that are universally valued by all cultures and faiths.

**What are the five strategies in teaching the virtues and why are they important?**

The five strategies are:

1. Speak the Language of Virtues
2. Recognize Teachable Moments
3. Set Clear Boundaries
4. Honor the Spirit
5. Offer Companionship

The Virtues Strategies are important because they help us to live more reverent, purposeful lives, to raise children of compassion and idealism, and create a culture of character in our families, schools, and workplaces.

**Will an explanation of each strategy be explained?**

Yes, each strategy will be taught and explained in the upcoming months. During the month of October 2015, a brief explanation of each strategy will be given.

**Are there monthly virtues?**

Yes, in fact there are weekly virtues, which will be shared on a monthly basis. As part of this sharing, each virtue will include:

1. Meaning, practicality, and affirmation, as outlined in the Virtues Reflection cards
2. Cultural proverbs
3. Accompanied by a relevant Broo Nansi and / or Island story
4. Activities for each virtue

**How can the virtues be encouraged and reinforced?**

From time to time, simple games and/or books will be shared as teaching tools / resources, as well.

**How can you assist?**

You are encouraged to gather as much information as possible on The Virtues Project and be sure to impart your knowledge in your every day life at work, school, and home, and share it with everyone.

**If you desire additional information, who to contact?**

Virtues Project Facilitator, Arlene L. Pinney-Benjamin at 340-774-0100 x:2804 or alp-benjamin@doe.vi at the Virgin Islands Department of Education Division of Virgin Islands Cultural Education can be contacted for additional information. Or feel free to visit [www.VirtuesProject.com](http://www.VirtuesProject.com).

# SEPTEMBER 2015

## VIRTUES OF THE MONTH:

### Caring

*I am thankful for the gift of Caring. It helps me to express my love.*  
(August 30 - September 5, 2015)

### Love

*I am thankful for the gift of Love. It is my treasury.*  
(September 6 - September 12, 2015)

### Kindness

*I am thankful for the gift of Kindness. It awakens my heart.*  
(September 13 - September 19, 2015)

### Compassion

*I am thankful for the gift of Compassion. It stirs my heart.*  
(September 20 - September 26, 2015)

### Gentleness

*I am thankful for the gift of Gentleness. It makes my soul serene.*  
(September 27– October 3, 2015)

***Upcoming***

**OCTOBER 2015**

**VIRTUES OF THE MONTH:**

**Responsibility**

*I am thankful for the gift of Responsibility. It helps me to fulfill my purpose.*  
(October 4 - October 10, 2015)

**Self-Discipline**

*I am thankful for the gift of Self-Discipline. It is the gardener of my soul.*  
(October 11 - October 17, 2015)

**Reliability**

*I am thankful for the gift of Reliability. It is the strength in my promises.*  
(October 18 - October 24, 2015)

**Excellence**

*I am thankful for the gift of Excellence. It is my true prosperity.*  
(October 25 - October 31, 2015)

# CARING

***Caring*** is giving love and attention to people and things that matter to you.  
When you care about people, you help them. You do a careful job, giving your very best effort. You treat people and things gently and respectfully.  
Caring makes the world a safer place.

“One who cares, listens.”

*Paul Tillich*

## **The Practice of Caring**

*... I practice Caring when I ...*

Show care for others, myself, and the earth  
Look at people and listen closely  
Handle things carefully  
Am gentle with people and things placed in our care  
Treat my body with respect  
Work with enthusiasm and excellence

## **Affirmation**

I care for others and myself. I pay loving attention. I give my best to every job.

## **CULTURAL PROVERBS**

Bathe people chil’ren but don’t wash behind their ears  
It’s all right to bathe your neighbors children but don’t scrub behind their ears.

## **Meaning**

Caring is necessary, however be sure to stay within of your boundary.

## **ANANSI STORY**

Broo Nansi, Broo Tukuma, and the Butter

Broo Nansi - - A Selection of Anansi Stories

Collected by Dr. Lezmore E. Emanuel

In Broo Nansi, Broo Tukuma, and the Butter,  
you will see how Nansi rewarded Tukuma for being a caring friend.



# Activities with Caring



## Activities with Care

- Brainstorm everything a class or family pet needs.
- Do a project focused on caring for the earth, such as cleaning up a neighborhood street.
- Offer help to an elderly person.
- Think of someone in your class or your family and do caring things for them for a week. Then share what changes you noticed.



## Virtues Reflection Questions

- How can you tell when others care about you?
- How do you feel when others act uncaring?
- Name three caring things you have done this week.
- Name a character from a book or story and describe what they care about most?
- Look at a newspaper or magazine and find stories about people who need care. Think of a way you and others can be of help.
- Name three ways you can care for the earth. (e.g. recycle, reuse, reduce)



## Drawing Caring

Draw a picture of the people you care about. Draw a picture of people caring for the earth. Make a "Caring" Collage.



## Poster Points

- Show that you care.
- Caring is a special way of loving.
- Yes, I care.
- Giving my best.
- Earth is our home. Let's take care of our home.



## Quotable Quotes

*"People don't care how much you know until they know how much you care."* Unknown

*"Charity begins at home."* Terence

*"Caring matters most."* Hugel

*"How shall we expect charity toward others, when we are uncharitable to ourselves?"*  
Thomas Browne

*"The care of human life and happiness, and not their destruction, is the first and only legitimate object of good government."*  
Thomas Jefferson

*"Every part of this earth is sacred to my people. Every shining pine needle, every sandy shore, every mist in the dark woods, every clearing and humming insect is holy in the memory and experience of my people."*  
Chief Seattle's letter to President of U.S.A, 1885

## BROO NANSI, BROO TUKUMA, AND THE BUTTER

Broo Tukuma and Broo Nansi were friends for a very long time. One day as they were strolling through the woods they found a keg of salt butter. Now this was a great delicacy, as it was used to season food as well as butter bread. They hid the butter in the bushes and decided that they would come back soon and divide it equally between them. They promised to say nothing to anyone in the village.

Several weeks passed, and finally Nansi said to Broo Tukuma: "Broo, some friends in the next village have invited me to a christening. I will be gone for a few days." Nansi packed and pretended to be going on a journey. As soon as he was out of sight of the village, he hurried to the place where he and Tukuma had hidden the butter. He took the top off and ate a quarter of the butter. Then he returned to the village.

When he arrived, Tukuma said to him, "What is the name of the child?"

"Top off," replied Broo Nansi.

Several days later he told Broo Tukuma, "I am invited to another christening. I will be back soon." Broo Nansi repeated the same maneuver. This time he ate to the halfway mark of the butter.

When he returned to the village, Tukuma asked him, "What is the name of the baby this time?"

"Half gone," replied Nansi.

Some days later he said to Tukuma, "I don't know what is going on, but I have a third christening to go to."

"Well, you are a very popular fellow. Enjoy yourself," Tukuma returned.

Nansi went and ate all of the butter. When he returned, Tukuma asked him, "How is the child called this time?"

"Licked clean," replied Nansi.

A couple of weeks later Tukuma suggested that they go and divide the butter. Nansi agreed. He had his wife cook up some pea soup with cattle tongue dumplings. They walked all morning without a rest. When they got to the place where the butter was hidden, Nansi said that they should eat first because they had been traveling all morning. They ate, and the heavy meal plus the weariness from walking soon had Tukuma snoring.

As he slept, Nansi went to the barrel and scraped the remnants of the butter and smeared them on Tukuma's mouth and hands. Then he climbed a tree and started one big outcry. He shouted so long and so hard that pretty soon the entire village had turned out to see what the problem was.

"Look!" Broo Nansi shouted, "Tukuma is so greedy that he ate the whole keg of butter that we found, by himself. If you don't believe me, check his mouth and hands."

The villagers did so and cried shame on Tukuma. Poor Tukuma was startled from sleep, and unaware of what was going on, found himself being berated and beaten on all sides. When he collected his senses, he took off for parts unknown, vowing vengeance on Broo Nansi. Broo Nansi had a hearty laugh but he remembered what Broo Tukuma said about repaying him. So he stayed up in the tree, and he is there to this day.



# LOVE

**Love** is a special feeling that fills your heart. You show love in a smile, a kind word, a thoughtful act or a hug. Love is treating people and things with care and kindness because they mean so much to you. Love is contagious. It keeps spreading.

Love is patient; love is kind ... it bears all things, believes all things,  
hopes all things, endures all things.”

*The Holy Bible, 1 Corinthians, 13:7*

## The Practice of Love

*... I practice Love when I ...*

Treat others as I want them to treat me  
Say kind and loving things  
Share my things and myself  
Love people just as they are  
Take good care of the things I love  
Do what I love and love what I do

## Affirmation

I am a loving person. I show my love with thoughtful acts, kind words, and affection.  
I treat others the way I want to be treated.

## CULTURAL PROVERBS

Bird sing sweet foh ‘e own nes’  
My teeth come before my family

## Meaning

Charity begins at home.

## ANANSI STORY

Jackass’ Marriage

Broo Nansi - - A Selection of Anansi Stories

Collected by Dr. Lezmore E. Emanuel

As you explore Jackass’ Marriage,  
you will discover how Jackass expressed his love to his wife!

# Activities with Love



## Show and Tell

Invite students to bring in something they love. Have a "Show and Tell". Have them explain how they treat this special object lovingly.



## Virtues Reflection Questions

- What are three ways you can show love for people?
- What are three ways you can show love for animals?
- Name some things you love other than people or animals?
- What do you love to do?
- What happens when you do a task with love?
- How do you wish people treated you?
- Name three ways you treat people lovingly?



## Drawing Love

Draw a house and put in it all the people you love. It could be anyone, even someone you don't know personally, someone famous or someone in history.



## Poster Points

- Love is all that matters.
- Love lasts.
- Love is kind.
- Love is gentle.
- Love is patient.
- Love is humble.



## Quotable Quotes

*"Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it."* Rumi

*"Love doesn't just sit there like a stone; it has to be made, like bread, remade all the time, made new."* Ursula K. Le Guin

*"Love cures people – both the ones who give it and the ones who receive it."* Karl Menninger

*"Spread love everywhere you go, first in your own house."* Mother Teresa

*"Only love enables humanity to grow, because love engenders life and it is the only form of energy that lasts forever."* Michel Quoist

*"Love is the only force capable of transforming an enemy into a friend."* Martin Luther King

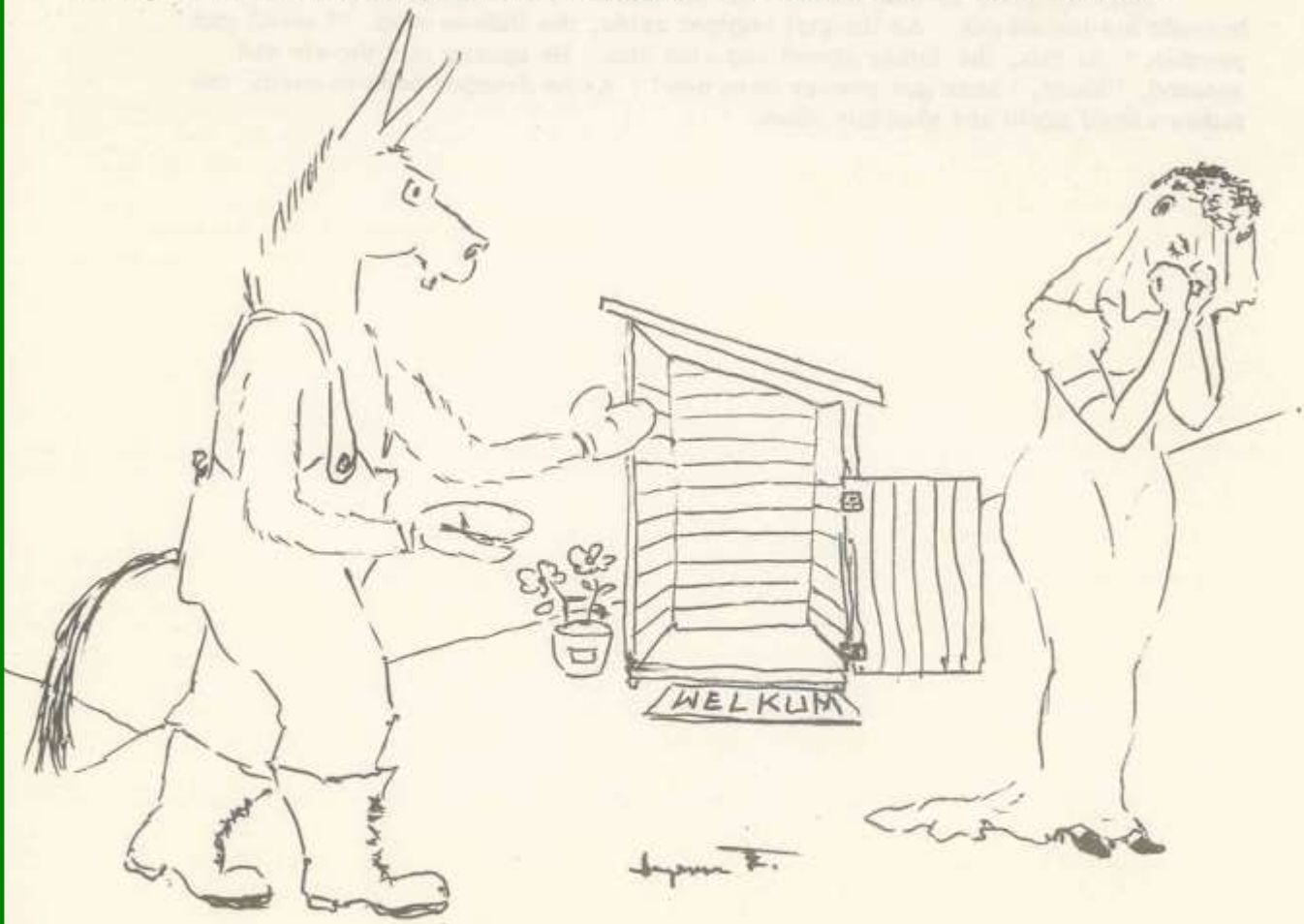
### JACKASS' MARRIAGE

Once there was a girl named Helen who was the loveliest girl in the village. This made her very vain and proud. She wouldn't marry any of the young men in the village. They all had some fault. One was too tall, one was too short, one too thin, another too fat, and so on. Broo Nansi decided that he would try his luck. So he dressed himself up and went and asked the girl to marry him. But the girl's brother who was named Downiwar knew who it was and whispered in his sister's ear, "Don't you know who that is? That is Broo Nansi!" Then the girl and all her brothers and relatives beat Broo Nansi and sent him away.

When Jackass saw this, he laughed, "Hee haw, hee haw! You really thought that such a beautiful girl would marry you?" This made Broo Nansi very angry and he decided to revenge himself both on the girl and on Jackass who had laughed at him. He thought up a plan.

"You are right, Broo Jackass," said Nansi. "She certainly wouldn't marry anyone as little and as skinny as I. But you now, you are a perfect gentleman. I am sure that she will marry such a one as you."

Jackass was flattered to be called a gentleman. He decided to ask Helen to marry him. He dressed up and went and asked her to marry him. The girl decided





that his long face was very handsome, so she married him. Now, her brother, Downiwar was not at home at the time.

After the wedding, Jackass took his bride to his stable as that was the only place he could take her. Then she realized that she had married a Jackass. Well, what a carrying on. Jackass, being what he is, had no manners and began to bite and kick the girl. The girl began one wailing and bawling and singing:

"Ah, Downiwar, Oh Downiwar, Poor me Helen girl, Downiwar!

Jack a-bite me, Downiwar, Jack a-kick me Downiwar,

Ah, Downiwar, Oh, Downiwar."

Jackass heard her and sang in return:

"Ah, Downiwar, Oh, Downiwar,

Handsome man you want, Downiwar,

Handsome man you get, Downiwar,

Ah, Downiwar, Oh, Downiwar."

And then he kicked and bit her worse than ever.

She sang again, this time louder:

"Ah, Downiwar, Oh Downiwar, Poor me Helen girl, Downiwar,

Jack a-bite me, Downiwar, Jack a-kick me, Downiwar,

Ah, Downiwar, Oh, Downiwar!"

Her brother heard her singing and came running. He caught Jackass by the tail and put a rope around his neck and took him to the pound. And from that day to this whenever Jackass starts to kick and bite he is taken to the pound. And whenever a girl picks and chooses her suitors too much, she gets a Jackass in the end.

That's what Nansi says. The tale is told; if you don't like it, don't tell me.

Jamaican Anansi Story, Adapted;

Told by "Auntie Roachie" Louise Bennett



# KINDNESS

**Kindness** is showing you care, doing some good to make life better for others. Be thoughtful about people's needs. Show love and compassion to someone who is sad or needs your help. When you are tempted to be cruel, to criticize or tease, decide to be kind instead.

Be the living expression of God's kindness; kindness in your face,  
kindness in your eyes, kindness in your smile ..."

*Mother Theresa*

## The Practice of Kindness

*... I practice Kindness when I ...*

Give tender attention to those who need help  
Do thoughtful things to give others happiness  
Practice habits that help the environment  
Resist the temptation to be cruel  
Accept people who are different

## Affirmation

I am kind. I show compassion to others. I have the courage to show that I care.

## CULTURAL PROVERBS

Beat Yoh Chile An' Hide Yoh Han'  
Lak yoh door an' beat yoh chile.

## Meanings

Don't let your left hand know what the right is doing.  
Eat Alone; hungry alone  
Eaten morsel wins no friend.  
Share when you have, so that it may be shared when you are in need.

## ANANSI STORY

Mr. Lenaman and the Jumbies  
Broo Nansi - - A Selection of Anansi Stories  
Collected by Dr. Lezmore E. Emanuel

As you enjoy Mr. Lenaman and the Jumbies,  
you will discover how the jumbies' kindness worked for Mr. Lenaman.

# Activities with Kindness



## Environmental Kindness

Choose an improvement project such as picking up trash and do it as a field trip.



## Virtues Reflection Questions

- What do most people do when they see someone with a disability or who looks different?
- How does it feel to be ignored, teased, etc.?
- What would be a kind way to treat someone who is disabled?
- Name three ways we can be kind to animals.
- Think of someone who needs your kindness today. What can you do to be kind?
- What would you say or do if someone is not being kind to you?
- How have you shown kindness to people or animals?



## Drawing Kindness

Draw a picture of yourself being kind to a person or an animal.

Make a poster with examples of Recycling, Reusing, Reducing, e.g. Reducing: just turning off the tap while we brush our teeth can save lots of water.



## Poster Points

- Kind eyes.
- Kind smile.
- Kind words.
- Kind deeds.
- Be Kind to Mankind.



## Quotable Quotes

*"When you plant a lettuce, if it does not grow well, you don't blame the lettuce. You look for reasons it is not doing well. It may need fertilizer or more water or less sun. You never blame the lettuce. Yet if we have problems with our friends or family, we blame the other person. But if we know how to take care of them, they will grow well, like the lettuce."*  
Thich Nhat Hanh

*"That best portion of a good man's life  
His little, nameless, unremembered acts  
of kindness and of love."* W.W. Wordsworth

*"The last, best fruit which comes to perfection, even in the kindest soul, is tenderness toward the hard, forbearance toward the unforbearing, warmth of heart toward the cold..."* Richter

*"Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness; kindness in your face, kindness in your eyes, kindness in your smile, kindness in your warm greeting."* Mother Teresa

*"There is a grace of kind listening as well as a grace of kind speaking."* Anonymous

*"If someone listens or stretches out a hand, or whispers a kind word of encouragement, or attempts to understand a lonely person, extraordinary things begin to happen."*  
Loretta Girzatis

## MR. LENAMAN AND THE JUMBIS

Mr. Lenaman wanted to buy some land to grow some corn. After several inquiries he finally found a piece for sale in the country. He bought twenty acres of it and planted it with corn. It so happened that the land was an ancient cemetery. When he went to clear the land, he had a curious experience. As he cut the bush the first time, he heard a voice say, "Who is that chopping down the bush?"

Mr. Lenaman answered, "It's I — Mr. Lenaman."

The voice said:

Big and little, get up and help Mr. Lenaman chop the bush!

There must be no bush left here today.

So all the jumbis, big and small, got up and chopped down the bush clean. Mr. Lenaman was very happy. He went home and told his family what had happened. When the bush was dry, he decided to burn it. As he struck the match, he heard a voice say, "Who is that burning the bush?"

Mr. Lenaman answered, "It's I — Mr. Lenaman."

The voice said:

Big and little, get up and help Mr. Lenaman to burn the bush.

There must be no bush left here today.

And all the jumbis big and small got up and burned the bush clean.

The next day, Mr. Lenaman and his wife went to plant corn. As they put the hoe in the earth, they heard a voice say, "Who is that planting corn?"

Mr. Lenaman answered, "It's I — Mr. Lenaman."

The voice said:

Big and little, get up and help Mr. Lenaman plant the corn.

There must be no corn left today.

And all the jumbis got up and helped them plant the corn on the whole twenty acres.

At last the corn started to grow and needed weeding. Mr. Lenaman and his family went to weed it. As they started, a voice said to them, "Who is that weeding the corn?"

Mr. Lenaman answered, "It's I — Mr. Lenaman."

The voice said:

Big and little, get up and help Mr. Lenaman weed the corn!

There must be no weeds left today.

And all the jumbis got up and helped them weed the corn that day.

Now the corn grew up, and the ears grew big and lovely and finally dried. They were now ready for harvesting. Mr. Lenaman sent his wife and son to watch the ears. But he cautioned them not to break the corn or all the jumbis would break off all the ears. He told them that he would get the neighbors to come and help him reap the corn. When the wife and son got to the land, they forgot the warning. As they left the land, they broke one each. They heard the voice say, "Who is that breaking the corn?"

They answered, "Mr. Lenaman's wife and son."

The voice said:

Big and little, get up and help Mr. Lenaman's wife and son break the corn.

There must be no corn left here today.

And they broke off every ear.



The wife and son went home and told Mr. Lenaman. The three of them went back to the land. Mr. Lenaman was so angry that he began to beat his wife and son. The voice said, "Who is beating the wife and son?"

Mr. Lenaman answered, "It's I — Mr. Lenaman."

The voice said:

Big and little, get up and help Mr. Lenaman beat his wife and son.

There must be no wife and son left here today.

And all the jumbis got up and beat the wife and son until they killed them.

Now Mr. Lenaman didn't know what to do. As he stood there puzzling he scratched his head. The voice said, "Who is that scratching his head?"

"It's I — Mr. Lenaman."

The voice said:

Big and little, get up and help Mr. Lenaman scratch his head.

There must be no head left here today.

And all of the jumbis got up and scratched his head until he died.

Sometimes too much help is worse than too little help.



# COMPASSION

**Compassion** is understanding and caring when someone is hurt or troubled, even if you don't know them. It is wanting to help, even if all you can do is listen and say kind words. You forgive mistakes. You are a friend when someone needs a friend.

"If you want others to be happy, practice compassion. If you want to be happy, practice compassion."

*The Dalai Lama*

## The Practice of Compassion

*... I practice Compassion when I ...*

Notice when someone is hurt or needs a friend  
Imagine how they must be feeling  
Take time to show that I care  
Ask how they are and listen patiently  
Forgive others when they make mistakes  
Am helpful to a person or animal in need

## Affirmation

I have compassion. I notice when someone is hurt or needs my help.  
I take the time to show that I care.

## CULTURAL PROVERBS

Cuss de dag but she 'e tee' white

## Meaning

Recognize good in everyone no matter how bad.

## ANANSI STORY

La Monde Tay-Tay\*\*

Broo Nansi - - A Selection of Anasi Stories

Collected by Dr. Lezmore E. Emanuel

Share how the compassion of Compere Zayeh helped the young boy in the story  
La Monde Tay-Tay\*\*.

# Activities with Compassion



## Service Project

- As a group, think of a way to serve people in your community who may be lonely or need some help.
- Look up newspaper articles that show people in need. Decide on a project you can do to help.
- Write a letter to someone who is sick at home



## Virtues Reflection Questions

- What does compassion feel like inside?
- When have you felt compassionate towards someone you didn't know?
- What does it feel like to be lonely?
- Name three ways you can help a new student to feel less lonely?
- What would you do to be helpful and show compassion if your parent were in hospital?



## Drawing Compassion

Draw a picture of a compassionate person helping a person or animal in trouble.



## Poster Points

- My heart is full of compassion.
- Do for others what you would have them do for you.
- I care.



## Quotable Quotes

*"If your compassion does not include yourself, it is incomplete."* Jack Kornfield

*"Walk a mile in my shoes."* Song

*"To 'listen' another's soul into a condition of disclosure and discovery may be almost the greatest service that any human being ever performed for another."* Douglas Steen

*"...no man can live for himself alone."*  
Ross Parmenter

*"[Man] is immortal...because he has a soul, a spirit capable of compassion and sacrifice and endurance."* William Faulkner

*"The individual is capable of both great compassion and great indifference. He has it within his means to nourish the former and outgrow the latter."* Norman Cousins

*"Don't do unto others as you would have them do unto you. They may have different tastes."*  
George Bernard Shaw

*"Let no one ever come to you without leaving better and happier."* Mother Teresa

### LA MONDE TAY-TAY\*

CRICK! CRACK! MONKEY BREAK HE BACK UPON CARRICOU ROCK!

One time there was a woman who had one hundred children. She ate ninety-nine of them, and only one son was left. As she advanced upon him to eat him, he dashed out of the house and down the street. He ran and ran until he met Compere Goat. He rushed to Compere Goat and panted:

"Compere Goat, Compere Goat! Please help me. I am the last of my mother's one hundred children. She ate the other ninety-nine and now she wants to eat me."

Compere Goat tossed his horns. "She won't bother you as long as you are with me. If she tries, I shall give her a butt with my sharp horns." The boy hid behind Compere Goat. Just then his mother came singing down the street:

La Monde Tay-Tay  
La Monde pou allez  
Pwanga-lang, ga-lang.

She sounded so fierce that Compere Goat said "Boy, save yourself. I am going to save myself." And with that Compere Goat disappeared in a swirl of dust. The boy ran on and on until he met Compere Cow. He ran up to Compere Cow.

"Compere Cow! Compere Cow! Save me. My mother wants to eat me. She ate the other ninety-nine of my brothers and sisters."

"Stand behind me," Compere Cow said, "I shall take care of her. If she tries to bother you I shall give her such a butt with my horns that she will never worry you again." So the boy stood behind Compere Cow.

Presently, they heard the woman coming down the street. She was singing:

La Monde Tay-Tay  
La Monde pou allez  
Pwanga-lang, ga-lang.

Compere Cow got so frightened that he began to tremble, all four knees knocking. As the song drew nearer and nearer, he said: "Boy, save yourself. I am going to save myself." Compere Cow took off so fast that only his heels could be seen going around the corner. The boy ran on. He ran until he met Compere Donkey. He rushed up to him, all out of breath:

"Compere Donkey, save me please. My mother wants to eat me. She has already eaten my ninety-nine brothers and sisters."

"Stay with me," Compere Donkey said, "If she comes near you, I shall let her taste my back hooves." The boy stood close to Compere Donkey.

Soon they heard approaching them:

La Monde Tay-Tay  
La Monde pou allez  
Pwanga-lang, ga-lang.

Compere Donkey was so terrified that he let out one snort of a bray and shouted: "Boy, save yourself. I am going to save myself." And with that Compere Donkey hightailed it from view. The boy was exhausted. With a final burst of speed he ran up to Compere Zayeh.\*

"Compere Zayeh, Compere Zayeh! You must help me please. My mother is chasing me. She wants to eat me. She has already eaten my ninety-nine brothers and sisters."

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\*The Grenadian name for Broo Nansi



"You stay with me," Compere Zayeh said. "I will protect you." The boy wondered how Compere Zayeh, who was the smallest and weakest of all the animals he had asked for assistance, could help him. However, he was desperate and decided to take his chances with Compere Zayeh. Soon, they heard the terrible song approaching them:

La Monde Tay-Tay  
La Monde pou allez  
Pwanga-lang, ga-lang.

They were both very frightened and the boy began to shake. Compere Zayeh was shaking too, but he dashed to his house which was not far off and donned a suit made entirely of bits of glass bottle. When the woman with breasts like the world advanced on them, he went to meet her. Grabbing him up, she swallowed him whole. As she reached for her trembling son, Zayeh began to dance a calypso inside her. Soon she was dead and Zayeh came out. The boy was overjoyed and Compere Zayeh sent him on his way.

And that is why the old people always say: "You don't have to have strength if you have sense." The story end, and the wine bend, and I don't have a pen to write me nen-nen!

#### An Anansi Story from Grenada





# GENTLENESS

***Gentleness*** is moving wisely, touching softly, holding carefully, speaking quietly and thinking kindly. When you feel mad or hurt, use your self-control. Instead of harming someone, talk things out peacefully. You are making the world a safe, gentler place.

“The spiritual warrior’s discipline is gentleness.  
Asserting gentleness in all spheres of life, non-violence and peace are achieved.”  
*Radha Sahar*

## **The Practice of Gentleness**

*... I practice Gentleness when I ...*

Make it safe for others to be around me  
Handle everything with care  
Speak with a kind voice  
Express my feelings peacefully  
Am gentle with myself  
Create time for gentle activity

## **Affirmation**

I am gentle. I think, speak, and act with gentleness.  
I show care for people and for everything I touch.

## **CULTURAL PROVERBS**

Do-So Noh like-so

## **Meaning**

Do unto others as you would have them do unto you.

## **ANANSI STORY**

The Beautiful Girl and the Jigger Man Foot

Broo Nansi - - A Selection of Anansi Stories

Collected by Dr. Lezmore E. Emanuel

In the Beautiful Girl and the Jigger Man Foot,  
you will experience how gentleness was shown.

# Activities with Gentleness



## Activities with Gentleness

- Bring a small animal into class and have students take turns holding it gently.
- Invite students to write or tell a story about a bully who learns to be gentle.
- Take a few quiet moments, to stroke the back of your hand with your fingertips very, very gently, as if you were stroking a kitten. Then reverse and stroke the other hand. Notice how gentle you feel now.



## Virtues Reflection Questions

- When is it most important to be gentle with people?
- How does it feel when someone is rough or unkind to you?
- How does it feel to be rough and unkind?
- Name three things you need to remember if you are going to handle something delicate?
- What do you need to remember when you pick up a baby?
- What other virtues can help you to be gentle?
- How would you keep your gentleness if you felt annoyed when someone bumped into you?
- How could you tell your friend something that isn't pleasant for him to hear? (e.g., he needs a bath, she is coming over to your house too often, you feel like being with someone else for a while.)



## Drawing Gentleness

Draw a picture of some baby animals that need lots of gentleness.



## Poster Points

- *Easy does it.*
- *Gentle as a dove.*
- *Soft as a feather.*
- *Taking care.*
- *A light touch.*



## Quotable Quotes

*"Use a sweet tongue, courtesy, and gentleness, and thou mayest manage to guide an elephant by a hair."* Sa'di

*"I want a kinder, gentler nation."* George Bush

*"The great of earth, how softly do they live."*  
Ruth Tenney

*"There is certainly something in angling...that tends to produce a gentleness of spirit, and a pure serenity of mind."*  
Washington Irving (referring to fishing)

*"The gentle mind by gentle deeds is known."*  
Edmund Spenser

*"The quality of mercy is not strained,  
It droppeth even as the gentle rain from heaven  
Upon the place beneath: it is twice blessed; It  
blesseth him that gives and him that takes."*  
William Shakespeare (The Merchant of Venice)

## THE BEAUTIFUL GIRL AND THE JIGGER FOOT MAN

Tim! Tim! Bapa Bel Come! One time there was a very beautiful girl who was as proud as she was beautiful. She refused to marry any of the local young men who asked her hand in marriage. She insisted that she only marry a man dressed in golden clothes and riding on a golden horse.

One day as she was taking a walk, she came upon a man riding on an old sway-backed donkey. The man's feet were covered with jiggers.

"Pretty girl, will you marry me?" he asked.

"Me? Marry a jigger-foot man? You must be crazy! I will only marry a man dressed in golden clothes and riding on a golden horse." She tossed her head and continued on her way. A little further on she met to her delight and surprise a man dressed in golden clothes and riding a golden horse!

"Pretty girl, will you marry me?" he asked.

"Of course I will marry you!" she replied eagerly. "All my life I have been waiting for a man such as you to come along." So they were married in the biggest wedding the village had ever seen. He took her to live in his beautiful house where she found his first wife. This woman had been very beautiful once but now her face was stained with tears and her eyes forlorn with sorrow. The man left them together and went out to invite some friends to dinner. As soon as he was out of sight, the first wife said to the beautiful girl:

"He really is the Devil. You must hurry away from here. He plans to kill and eat you!" She gave the girl some corn to feed the cock that was in the yard.

"When that cock crows, he will return. He must not find you here!" The girl fed the cock and hurried as fast as she could to her mother's house. There she told the whole story.

Soon, the cock finished eating the corn and crowed. The Devil returned to find her gone. He took his golden horse and rode to her mother's house to get her. After he took her to his house a second time, he asked her why she had run away when he had gone to invite guests to the wedding feast. He made her promise to remain at home and again went out. This time the first wife gave her some oats to give the golden horse. "When the horse neighs, he will return, and he must not find you here."

Again, the girl hurried home. The horse soon neighed and the golden man returned home to find only his first wife waiting for him. This time when he rode to fetch the girl home again, she resisted: "I don't want to go, mother, I don't want to go."

Her mother replied with a sad sigh: "He is your husband. You must go."

So one more time she returned to the house of the man in the golden clothes. Again, he left to invite some friends to the wedding feast and again the first wife said to the girl: "Take this and give it to the dog. As soon as the dog barks he will return and this time he will surely kill you and eat you!"

So saying, the first wife handed the girl a bowl of water which she gave to the dog. This time she did not go home but went wandering sadly along the seashore. As she wondered what must be her fate, who should come riding along on his sway-backed donkey but the Jigger Foot Man!

"Save me, save me," the girl cried, "the Devil wants to kill and eat me."

"I will save you on one condition," replied the Jigger Foot Man.



"What's that?" inquired the girl.

"I will save you on the condition that you clean all the jiggers from my feet and that you marry me.

"Oh, I will! I will!" shouted the girl and falling to her knees proceeded to remove the jiggers from the man's feet. He then put the girl into a boat and took her across the sea.

When the Devil arrived home and found the girl gone, he began to suspect that it was his first wife who had been helping her to escape. He made her tell him where the beautiful girl had gone. He crossed the sea on his golden horse and came to the house where the Jigger Foot Man and the girl lived. He told the man that he had come for the girl. They invited him inside and had him sit down over a trap door.

"Make yourself comfortable," the Jigger Foot Man said. "The girl is getting ready."

What the Devil didn't know was that right below the trap door they were heating up a huge copper kettle of water. He kept asking if they were ready and they kept saying "no."

Finally, the man sang out, "We are ready!" The Devil stood up and released the trap door spring and down he plunged into the boiling water. I am afraid that he was boiled alive. As for the girl, she lived with the Jigger Foot Man and devoted her life to keeping his feet free from jiggers. And me? I went there and you know they were eating crow and did not give me any. That is why I have come to tell you this story.







*Building Our Future Through  
Education, History and Culture!*



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*and*

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*Bringing Virtues to Life*

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