

# Attentive:

*Look, listen & respond.*

1. Eye-contact when listening.
2. Practice, in different parts of the house, hearing Mommy's voice and responding right away.
3. Respond *Yes Mommy, Yes Daddy* when given instructions.
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_

Verse: "Son, be attentive to my words."  
Proverbs 7:24

# Brave:

*Willing to try.*

1. Try new foods
2. Respond confidently when people say hi
3. Go to sleep in the dark
4. Try new things we suggest
5. \_\_\_\_\_
6. \_\_\_\_\_

Verse: “Be strong and brave, do not be afraid!” Deuteronomy 31:6

“Be strong and brave, be sure to obey! Don’t turn to the right, don’t turn to the left, that you may have success!” Joshua 1:7

# Compassion:

*Feel for people.*

1. Give sibling/friend a hug if she's sad.
2. Give Mommy a kiss if she's sad.
3. Look at pictures of children in other countries and pray for them.
4. Draw a picture/write a letter to {sponsored children} in another country.
5. Practice asking, "How are you?" and listening to sibling/friend's response.
6. \_\_\_\_\_
7. \_\_\_\_\_

Verse: *"Put on compassionate hearts."*

Colossians 3:12

# Discipline:

*Training myself for God.*

1. Eat a vegetable every day
2. Pray before each meal, wait until we all sit down to eat
3. Pick up toys before moving to next thing
4. Walking (not running) indoors, at church.
5. Using calm words instead of hitting/throwing a fit
6. \_\_\_\_\_

**Verse:** *"I discipline my body."* 1 Corinthians 9:27

*"Discipline is hard, it is not fun, but it makes us godly when we're all done!" Hebrews 12:11*

*Additional verses: Discipline your son, for there is hope; do not set your heart on putting him to death. Proverbs 19:18*

*Folly is bound up in the heart of a child, but the rod of discipline drives it far from him. Proverbs 22:18*

*Discipline your son, and he will give you rest; he will give delight to your heart. Proverbs 29:17*

*Whoever loves discipline loves knowledge, but he who hates reproof is stupid. Proverbs 12:1)*

# Enthusiasm

*Excited for each day*

1. Sing *This is the day that the Lord has made.*
2. Tell God *thank you* all day long.
3. Run and greet Daddy at the door when he comes home, with a big smile and hug.
4. Say *Yes, Mommy!* with a happy smile.
5. Practice doing jobs/chores fast, as if there were a treat at the end!

Verse: *"Serve God with enthusiasm!"*

Romans 12:11

# Forgiveness

*Let go of being mad at someone.*

1. Ask “I’m sorry, will you forgive me?” after doing something hurtful or wrong.
2. Say “I forgive you” if someone says *Sorry*.
3. At night, tell God you’re sorry for naughty things done that day (be specific), then thank Him and say, “YAY!” that Jesus has forgiven you.
4. Thank God for Jesus every day

**Verse:** *“When we say sorry, Jesus forgives.”*

1 John 1:9

“Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you.” Ephesians 4:32

# Gentleness

*Playing soft, not rough*

1. Use gentle hands with infant, sibling, friend.
2. Never hit or push, keep hands to self
3. No crashing cars or toppling blocks or playing rough with small children.
4. Putting down toilet seat softly 😊
5. \_\_\_\_\_

Verse: *“Fruit of spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.”*

**Galatians 5:22** (We use this verse for many character traits, so even though it's long, they'll get plenty of repetition to memorize it.)

# Gratitude

## *Thankful*

1. Thank God every day for ten things.
2. Make up a thankful-song to God and sing it together as a family.
3. Make a gratitude book with pictures of what you're thankful for.
4. Write (with help) a thank you note to someone.
5. \_\_\_\_\_

Verse: *"I will sing and praise God with gratitude."*

Psalm 69:30



# Generous

*Giving and sharing with others*

1. Make a list of all the things others have given to you.
2. Thank God for all that He has given you. Be specific.
3. Choose toys/books/clothes to give away to those in need.
4. Teach children about giving/tithing, and practice giving.
5. \_\_\_\_\_

Verse: *"Do good, be generous, ready to share."*

1 Timothy 6:18

# Honesty

## *Telling the truth*

1. Tell the truth if Mommy and Daddy ask you something
2. Try to answer questions in school, instead of saying "I don't know."
3. Read Honesty books with Mommy (Forest Friends by Danae Dobson etc.).
4. Talk through what happens in real life, to adults, when they do not tell the truth.
5. \_\_\_\_\_

Verse: "*Do not lie.*"

Exodus 20:16

# Honor

*To show respect*

1. Answer us, “Yes, Mommy” or “Yes, Daddy” respectfully.
2. Look in eyes when spoken to.
3. Respond when asked a question.
4. Speak kindly and respectfully.
5. \_\_\_\_\_

Verse: “If I honor mommy and daddy, then life will be good.”

Ephesians 6:2-3

# Integrity

*Doing the right thing*

1. Do what's right even when other kids don't.
2. Do chores without being reminded.
3. Pick up toys without being asked.
4. Answer honestly.
5. \_\_\_\_\_

Verse: *"I will walk with integrity of heart."*

Psalm 101:2

# Joy

## *A happy heart*

1. Sing *Joy* songs, and *This is the Day*.
2. Thank God for blessings at prayer time.
3. Practice smiling. Do a game during the day, set timers and choose to smile every time the timer rings.
4. Greet daddy with smile and a hug.
5. \_\_\_\_\_

Verse: *"The fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control."*  
Galatians 5:22

# Kindness

*Treating others nicely*

1. Share toys without being asked
2. Use a kind, calm, happy voice when asking for things.
3. Keep hands to yourself/never hit or grab.
4. Make a list of five ways you can show kindness to others this week. Do one together each day. (Take cookies to neighbor, pick up trash on sidewalk, put flowers on someone's doorstep, visit someone who is sad, etc.)

Verse: *"The fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control."*  
Galatians 5:22

# Love

*Wanting the best for others*

1. Giving infant/sibling big hug in the morning.
2. Telling mommy and daddy “I love you.”
3. Choosing a toy to give away to those in need.
4. \_\_\_\_\_
5. \_\_\_\_\_

Verse: *“The fruit of the spirit is love, joy,  
peace, patience, kindness,  
goodness, faithfulness,  
gentleness, self-control.”*  
Galatians 5:22

“Love one another and prefer one another.”  
Romans 12:10

# Meekness

*Humble, not proud*

1. Say “Yes Mommy” and “Yes Daddy.”
2. Give opinion humbly, without contradicting others: “I think maybe...”
3. Give sibling/friend preference if she wants a certain toy.
4. Hand patiently on mommy’s leg if want to say something, instead of interrupting.
5. \_\_\_\_\_
6. \_\_\_\_\_

Verse: *“Blessed are the meek.”*

Matthew 5:5



# Neatness

*-Clean and orderly; not messy*

*(In addition to the memory verse, we memorize these 4 Rules for Neatness)*

1. If something has no home it goes to another home.
2. If we don't use it we give it to someone who will.
3. Put everything to bed before we go to bed.
4. Put away one thing before moving on to another.

Verse: "Lazy hands make a man poor."

Proverbs 10:4

# Obey

*Do as you are told*

1. Responding “Yes, Mommy” or “Yes, Daddy” when told something.
2. Following directions/obeying “all the way, right away, and with a happy heart.”
3. Not whining.
4. Asking questions *after obeying*, to better understand, not to get out of obeying.

Verses: “He who does not obey will die.”

Proverbs 19:16

“Children, obey your parents in the Lord, for this is right!” Ephesians 6:1

“Children, obey your parents ALL THE TIME, for this makes God happy!” Colossians 3:20

# Patience

*-Not easily frustrated*

- Putting hand on our leg, quietly waiting for turn to talk.
- Waiting at the door quietly at home/Bible study, etc. while mommy finishes talking.
- Not hitting, yelling, getting frustrated with sibling/friend, but calmly talking through problems.
- Asking for help when struggling, without losing temper, crying, getting frustrated.

Verse: “The fruit of the spirit is love, joy, peace,  
patience, kindness, goodness,  
faithfulness, gentleness, self-control.”  
Galatians 5:22-23

# Quietness/Quick to listen

1. Listen while being told to do something, without interrupting.
2. Giving friends a turn to talk.
3. Playing quietly when company is over.
4. Letting others talk without interrupting.
5. Asking others questions and letting them respond.
6. Being quiet while infant/sibling is sleeping.
7. \_\_\_\_\_
8. \_\_\_\_\_

**Verse:** Be quick to listen and sloooow to speak.  
James 1:19

# Respect

*-Giving honor.*

1. Listen to adults while looking them in the eye.
2. When speaking, look people in the eye.
3. Respond to questions respectfully or ask mommy for help.
4. Answer “yes mommy” or “yes daddy” or “yes teacher.”
5. Obey without complaining.
6. Greet Daddy, ask him if you can do anything for him when he gets home from work.

Verse: “Respect Daddy.” Ephesians 5:33 (If wives are called to do this, children should too!)

# Serve

*-Doing kind things for others.*

1. Offer to take in others' dishes after a meal.
2. Pick up toys when done and offer to pick up other things as well.
3. Set the table each night for dinner.
4. Help pick up all toys at end of Sunday school.
5. Help mommy with dinner and chores each day.
6. \_\_\_\_\_
7. \_\_\_\_\_

Verse: "Jesus came to serve."

Mark 10:45

# Thankfulness

*-Happy for what we have.*

1. Say thank you whenever anyone gives you something.
2. Say, "Thank you for breakfast/lunch/dinner, mommy" after each meal.
3. Thank God for our blessings at each meal and bedtime.
4. Say thank you to teachers at end of Sunday school.
5. No whining or complaining.
6. \_\_\_\_\_
7. \_\_\_\_\_

Verse: "In everything be thankful."

1 Thessalonians 5:18

# Trust

*-Obey even if you don't understand.*

1. Do as told right away, without questioning.
2. Try new things, even if feeling unsure or scared.
3. Practice talking to God about things that feel scary, asking Him to help you trust Him.
4. Talk about ways that mommy and daddy are learning to trust God in daily life.
5. \_\_\_\_\_

**Verse:** “Trust in the Lord with all your heart, and lean not on your own understanding. In all your ways acknowledge Him and He will direct your path.”

Proverbs 3:5-6 (This can be done as a song, clapping to the beat.)



# Understanding

*-Learning God's way.*

1. Ask questions with a cheerful voice.
2. Don't contradict the answer to your question rudely, instead say, "I think maybe...".
3. Ask people questions in conversation and listen to what they say.
4. Read lots!
5. Answer questions that mommy and daddy ask about stories when we read.
6. \_\_\_\_\_
7. \_\_\_\_\_

Verse: "Whatever you get, get understanding!"

Proverbs 4:7

# Virtue

*-Doing what is right and avoiding what is wrong.*

1. If another kid hits, don't hit back, use kind voice.
2. Answer honestly.
3. Treat sibling kindly.
4. Obey cheerfully and right away.
5. Help sibling when she needs something.
6. Talk through what things are virtuous and what things should be avoided. Talk about why each one honors or does not honor God.
7. \_\_\_\_\_

Verse: "Add to your faith virtue."

2 Peter 1:5

# Wisdom

*-Knowing the right thing to do.*

1. Stop and think before acting.
2. Answer mommy when she asks what the right thing to do would be in a situation.
3. Listen to mommy's advice and obey right away.
4. Read a Proverb every day at the breakfast table.
5. Ask questions about what to do.
6. Build a Lego house with child and talk about the different wise things families can do to make their families strong.
7. \_\_\_\_\_

Verse: "By wisdom a house is built."

Proverbs 24:5

# eXercise

*-Putting our minds and bodies to use.*

1. Go on walks with mommy.
2. Do sit-ups and push-ups with mommy.
3. Practice riding bike.
4. Play outside every day.
5. Do Bible Study every day with mommy.
6. Learn parts of the body and thank God for how they work and all the things they let us do.
7. \_\_\_\_\_

Verse: “Bodily exercise is good, godly exercise is great!”

1 Timothy 4:8 (This rhymes)

# Yielding

*-Give up my own way.*

1. Let sibling have a toy if she'd like it.
2. Obey mommy cheerfully and right away.
3. Let other kids have the toys they like when playing.
4. Read what book sibling wants, and take your turn after.
5. Go on a drive and search for yield signs. Count as many as you can. Watch and see the way cars yield.
6. Using matchbox cars, make an intersection and show how cars can yield to each other. Talk about ways we can yield to others in our daily life.
7. \_\_\_\_\_

Verse: "Godly wisdom is willing to yield."

James 3:17

# Zealous

*-Enthusiastic for God!*

1. Sing along in worship at church.
2. Worship, sing, and dance with mommy at home.
3. Prayer clearly, without mumbling.
4. Thank God joyfully every day, even when we don't feel like it.
5. Read Bible and do Bible study every day.
6. \_\_\_\_\_

Verse: "Always be zealous, serving the Lord."

Romans 12:11