

## MARCH-APRIL 2018

During March and April, we will be examining ways we can practice the Virtue of **DETACHMENT**.

THE VIRTUES PROJECT™ Educator's Guide by Linda Kavelin Popov defines DETACHMENT as "experiencing your feelings without allowing your feelings to control you." Practicing Detachment can empower us as we choose to **ACT**, rather than **REACT**; practicing Detachment helps us avoid regret for words spoken in anger.

From THE VIRTUES PROJECT™ Educator's Guide:

### ***What would Detachment look like if...***

- Your mother asks you to do some chores and you feel like watching video games instead?
- Your sister takes your best sweater without asking and you feel really mad?
- You really want to join a team and it doesn't happen?
- Someone teases you or tries to start a fight?
- You are really upset because your best friend disappointed you?

*When we practice Detachment,*

***WE ACT! WE DON'T REACT!***

*Mme Choinière  
Spiritual Animator*