



Character Formation Summer Project

*Your goal is to
grow your
own Bhakti
plant this
summer!*

Do you
know what
Bhakti
means?

What is Bhakti?



Bhakti means devotional service.



Bhakti means love for God or Krishna.



Bhakti is to serve others with love.

Your goal is to reach God or Lord Krishna by making good choices in your life.

This summer you need to pay attention to all the different choices you make, on a daily basis.

How are you going to show the Avanti values?



How do you make choices in your life?

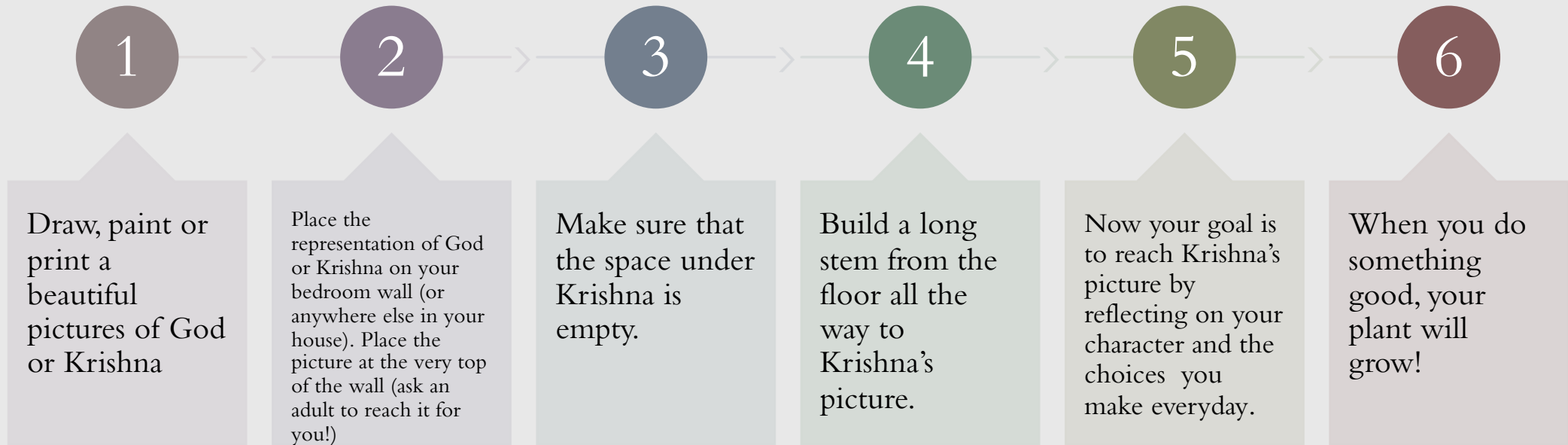
What is your greatest fear?

What matters most to you? What is the most important thing in your life?

What do you do when you are tempted to do something wrong?

How do you react when someone annoys you?

Some questions to think about the development of your character...



Follow the instructions above.



Your drawing, painting or picture of Krishna

The wall in your house

The Bhakti plant stem

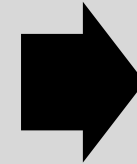


Growing your Bhakti plant...

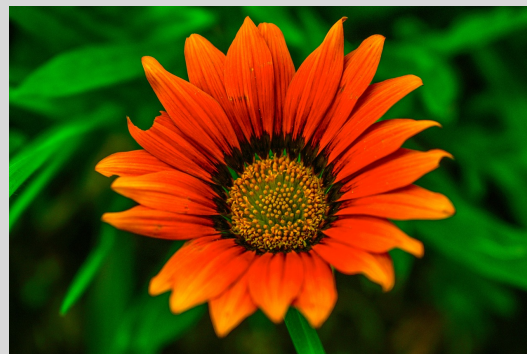
When you do something good and ***you change*** your action by making a U-turn (for example, you never shared your toys with your brother or sister but today you finally realised that you should change), write the good action on a ***leaf*** and add to your Bhakti plant



When another member of your family notices a positive change in you, give yourself a ***flower***.



When you take part in an activity that builds character (suggestions on a different slide) give yourself a ***fruit*** and write on it to explain what you did!



*Values and character traits to look out
for: HAVE I SHOWN...?*

Kindness

Respect

Gratitude

Honesty

Courage

Integrity

Patience

Humility



Our Avanti House Primary School Values:

- Respect
- Integrity
- Humility
- Courage
- Empathy
- Gratitude
- Self-discipline.



The Six Pillars of Character®

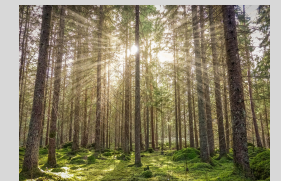
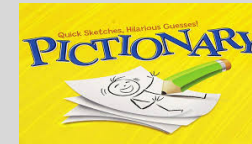
Get creative!



Examples of activities that build character:



- Explore the meaning of *resilience* through touching and observing the qualities of small plants and trees.
- Take an extra long walk to practice being determined and think about how explorers had to practice the skill of *determination*.
- Play a pictionary game to encourage each other to practice *friendliness* by sharing.
- Explore and discuss the beauty that can be found in *appreciating diversity* by making a mobile of many colors
- Go outside and list the things in nature that are beautiful, and talk about how *appreciating* nature can help us calm down and feel in awe of creation even when we are upset.
- Make knots and discuss how difficulties in *friendships*, if we work through them, can bring us even closer together.
- Set up a “Kindness Corner” to help us see all the ways we can practice *kindness* every day.



Continued...

- Make a “natural habitat” and talked about how we can protect animals and *respect* their environments
- Discuss *resourcefulness* by playing a game about finding 5 examples in the kitchen about things we can re-use (for example: used jars, overripe banana, stale bread and toast, kitchen paper rolls, etc.)
- Create or find a list of 5 active games (with variations) that you will teach you *perseverance*
- Make ‘chore’ dice to promote and learn about *responsibility*
- Create a Meditation Jar to promote *mindfulness*
- Use puppets to have students act out a *conflict and resolution*.
- Trace feet and stand in someone else's footprint while discussing examples of *empathy*.
- Identify your strengths and identify how those qualities can help you *become a “mentor”* in the classroom next academic year



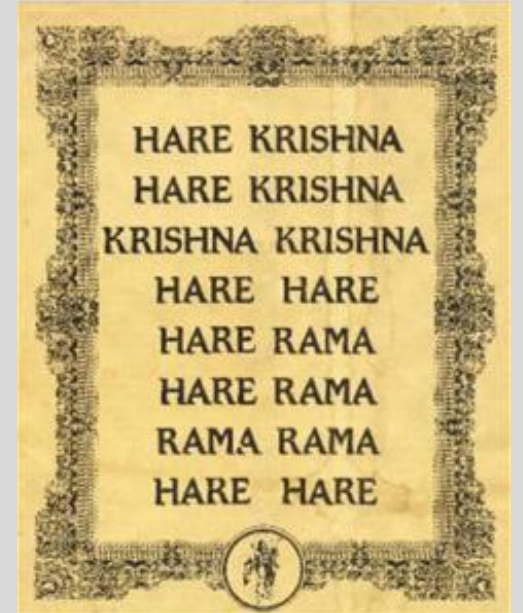
Good deeds ideas:

- Helping your Mum or Dad with cooking
- Help a friend in need
- Be kind to a sibling or relative
- Write a thank-you note to someone who doesn't expect it
- Teach an elderly person to use a computer to surf the internet or write e-mails.
- And many more!



Devotional activities ideas

- Chanting the Maha Mantra on japa beads (or without!)
- Offering a food offering to Krishna or God
- Doing kirtan with your family
- Singing or dancing for God
- Reading spiritual or religious books
- Making clothing for deities (If you have deities at home)
- Bathing deities (If you have deities at home)



Final reflection

We would like you to write a final *reflection* which you need to bring with you to school on Thursday 3rd September 2020.

In detail, think and write about:

- *What have you learnt about yourself from the Bhakti plant?*
- *How has the Bhakti plant positively impacted your life?*
- *How can your Bhakti plant continue to grow throughout the year?*
- *What do you plan to do next? What are your next steps?*

