

VIRTUE WORKSHEETS

from EducationinVirtue.com

Thank you for downloading these virtue worksheets on all 28 virtues in *Education in Virtue*.

These worksheets are great resources for helping your students learn about virtue. For each virtue, there is a two-page spread that includes the following section:

- Definition
- Opposing Trait
- “Looks Like” and “Sounds Like”
- Saint
- *Lectio Divina* on a short Scripture passage
- Ways I Can Practice

These worksheets can be used as:

- Guided Notes
- Bell Work
- Exit Tickets
- Assessments
- Homework

Any questions or comments?

Email info@educationinvirtue.com



Name _____

Definition of Affability:

Opposing Trait:

Affability Looks Like:

Affability Sounds Like:

Pick one and write a sentence about how they were affable: St. Francis Assisi, Bl. Pier-Giorgio Frassati, Bl. Jordan of Saxony, St. Gabriel of the Sorrowful Mother

Scripture Passage: Read Luke 24:13-25

Meditate: How did Jesus treat the disciples affably?

Pray: Write a short prayer based on the Scripture.

Action: Thinking about the Scripture, when should you practice affability?

Three ways I can practice Affability:

1. I

2. I

3. I

Name _____

Definition of Courtesy:

Opposing Trait:

Courtesy Looks Like:

Courtesy Sounds Like:

Pick one and write a sentence about how they were courteous: St. Paulinus of Nola, St. Nicholas, St. Rose of Lima, St. Vincent de Paul

Scripture Passage: Read John 20:2-6

Meditate: What did the other disciple do when he reached the tomb? To whom was he courteous?

Pray: Write a short prayer based on the Scripture.

Action: Thinking about the Scripture, when could you practice courtesy?

Three ways I can practice Courtesy:

1. I

2. I

3. I

Name _____

Definition of Generosity:

Opposing Trait:

Generosity Looks Like:

Generosity Sounds Like:

Pick one and write a sentence about how they were generous: St. Fabiola, St. Martin of Tours, St. Elizabeth of Hungary, St. Giuseppe Moscati

Scripture Passage: Read Matthew 4:18–22 or Matthew 25:34–40

Meditate: How did the disciples give of themselves **or** how do you serve Jesus by serving your neighbor?

Pray: Write a short prayer based on the Scripture.

Action: Thinking about the Scripture, how can you practice generosity?

Three ways I can practice generosity:

1. I

2. I

3. I

Name _____

Definition of Gratitude:

Opposing Trait:

Gratitude Looks Like:

Gratitude Sounds Like:

Pick one and write a sentence about how they practiced gratitude: Ven. Solanus Casey, St. Josephine Bakhita, St. Mary Magdalene, St. Augustine

Scripture Passage: Read Luke 1:46–55

Meditate: What are two things Mary, our Mother, is grateful for?

Pray: Write a short prayer based on the Scripture.

Action: : Thinking about the Scripture, what has God done for you that you thank Him for?

Three ways I can practice Gratitude:

1. I

2. I

3. I

Name _____

Definition of Kindness:

Opposing Trait:

Kindness Looks Like:

Kindness Sounds Like:

Pick one and write a sentence about how they were kind: St. Aelred of Rievaulx, St. Veronica, St. Martin de Porres, St. Camillus de Lellis

Scripture Passage: Read John 2:3-11

Meditate: How did Mary show genuine concern for the newlyweds? How did she anticipate their need?

Pray: Write a short prayer based on the Scripture.

Action: Thinking about the Scripture, when could you practice kindness?

Three ways I can practice Kindness:

1. I

2. I

3. I

Name _____

Definition of Loyalty:

Opposing Trait:

Loyalty Looks Like:

Loyalty Sounds Like:

Pick one and write a sentence about how they were loyal: St. John Fisher, St. Polycarp, St. Basil and St. Gregory Nazianzen, St. Ignatius of Loyola

Scripture Passage: Read John 6:66–60 or Ephesians 6:1–4

Meditate: How are the disciples loyal to Jesus **or** to whom do you owe loyalty?

Pray: Write a short prayer based on the Scripture.

Action: Thinking about the Scripture, when could you practice loyalty?

Three ways I can practice Loyalty:

1. I

2. I

3. I

Name _____

Definition of Obedience:

Opposing Trait:

Obedience Looks Like:

Obedience Sounds Like:

Pick one and write a sentence about how they practiced obedience: St. Catherine Laboure, St. Claude de la Columbière, St. Padre Pio, St. Matthew

Scripture Passage: Read Luke 2:51–52

Meditate: Who is a model of obedience? To whom was he obedient?

Pray: Write a short prayer based on the Scripture.

Action: Thinking about the Scripture, when could you practice obedience?

Three ways I can practice Obedience:

1. I

2. I

3. I

Name _____

Definition of Patriotism:

Opposing Trait:

Patriotism Looks Like:

Patriotism Sounds Like:

Pick one and write a sentence about how they practiced patriotism: St. Louis IX,
St. Thomas à Becket, St. Patrick, St. Josaphat

Scripture Passage: Read 1 Peter 2:13-17

Meditate: How does a Christian serve God while serving his or her country?

Pray: Write a short prayer based on the Scripture.

Action: Thinking about the Scripture, when could you practice patriotism?

Three ways I can practice Patriotism:

1. I

2. I

3. I

Name _____

Definition of Prayerfulness:

Opposing Trait:

Prayerfulness Looks Like:

Prayerfulness Sounds Like:

Pick one and write a sentence about how they practiced prayerfulness: St. Dominic, St. Catherine of Siena, Bl. Elizabeth of the Trinity, St. Hildegard of Bingen

Scripture Passage: Read Luke 2:15–20

Meditate: How was the visit of the shepherds a time of prayer? Who was praying and how?

Pray: Write a short prayer based on the Scripture.

Action: Thinking about the Scripture, when could you practice prayerfulness?

Three ways I can practice Prayerfulness:

1. I

2. I

3. I

Name _____

Definition of Respect:

Opposing Trait:

Respect Looks Like:

Respect Sounds Like:

Pick one and write a sentence about how they practiced respect: Bl. Anna Maria Taigi, St. Damien of Molokai, St. Frances of Rome, St. Catherine of Alexandrian

Scripture Passage: Read 1 Timothy 5:1-2, 17

Meditate: How can you show respect to different groups of people — elderly, young, parents, teachers, priests and religious?

Pray: Write a short prayer based on the Scripture.

Action: Thinking about the Scripture, when could you practice respect?

Three ways I can practice Respect:

1. I

2. I

3. I

Name _____

Definition of Responsibility:

Opposing Trait:

Responsibility Looks Like:

Responsibility Sounds Like:

Pick one and write a sentence about how they practiced responsibility:

St. Margaret of Scotland, St. Lawrence, St. Pius V, St. Colomba

Scripture Passage: Read Genesis 41:46–49, 53–57

Meditate: What is the result of Joseph's responsible actions?

Pray: Write a short prayer based on the Scripture.

Action: Thinking about the Scripture, when should you practice responsibility?

Three ways I can practice Responsibility:

1. I

2. I

3. I

Name _____

Definition of Sincerity:

Opposing Trait:

Sincerity Looks Like:

Sincerity Sounds Like:

Pick one and write a sentence about how they were sincere: St. Peter Claver, St. Anthony of Padua, St. Vincent Ferrer, St. Augustine of Canterbury

Scripture Passage: Read Sirach 6:56

Meditate: Who do you make your confidant?

Pray: Write a short prayer based on the Scripture.

Action: Thinking about the Scripture, when and how should you practice sincerity?

Three ways I can practice Sincerity:

1. I

2. I

3. I

Name _____

Definition of Trustworthiness:

Opposing Trait:

Trustworthiness Looks Like:

Trustworthiness Sounds Like:

Pick one and write a sentence about how they were trustworthy: Bl. Anne-Marie Javouhey, St. Tarcisius, St. Bernard, St. Agnes of Montepulciano

Scripture Passage: Read Matthew 24:45–47

Meditate: According to the Scripture, how do you know someone is trustworthy?

Pray: Write a short prayer based on the Scripture.

Action: Thinking about the Scripture, how could you practice trustworthiness?

Three ways I can practice Trustworthiness:

1. I

2. I

3. I

Name _____

Definition of Circumspection:

Opposing Trait:

Circumspection Looks Like:

Circumspection Sounds Like:

Pick one and write a sentence about how they practiced circumspection: Bl. Miguel Pro, St. John Baptist de la Salle, St. Jane Frances de Chantel, St. Edmund Campion

Scripture Passage: Read Luke 14:28–30

Meditate: What example does Jesus use where circumspection is needed?

Pray: Write a short prayer based on the Scripture.

Action: Thinking about the Scripture, what can you do to practice circumspection?

Three ways I can practice Circumspection:

1. I

2. I

3. I

Name _____

Definition of Docility:

Opposing Trait:

Docility Looks Like:

Docility Sounds Like:

Pick one and write a sentence about how they practiced docility: St. Dominic Savio, St. Juan Diego, Bl. Francisco and Bl. Jacinta Marto, St. Miguel Febres Cordero

Scripture Passage: Read 1 Samuel 3:1-10, Sirach 6:32-34

Meditate: What is a docile person like?

Pray: Write a short prayer based on the Scripture.

Action: Thinking about the Scripture, what can you do to practice docility?

Three ways I can practice Docility:

1. I

2. I

3. I

Name _____

Definition of Foresight:

Opposing Trait:

Foresight Looks Like:

Foresight Sounds Like:

Pick one and write a sentence about how they practiced foresight: St. John Bosco, St. Frances Xavier Cabrini, Ven. Pope Pius XII, St. Gregory the Great

Scripture Passage: Read Matthew 25:1-13

Meditate: Who had foresight in the parable and how did they practice it?

Pray: Write a short prayer based on the Scripture.

Action: Thinking about the Scripture, when should you practice foresight?

Three ways I can practice Foresight:

1. I

2. I

3. I



Name _____

Definition of Industriousness:

Opposing Trait:

Industriousness Looks Like:

Industriousness Sounds Like:

Pick one and write a sentence about how they were industrious: St. Cyril and St. Methodius, St. Bede, St. John Neumann, St. Anthony Mary Claret



Scripture Passage: Read Colossians 3:23-24

Meditate: Why should you do tasks diligently? What does it say about you when you don't follow through with tasks?

Pray: Write a short prayer based on the Scripture.

Action: Thinking about the Scripture, how could you practice industriousness?

Three ways I can practice industriousness:

1. I

2. I

3. I



CONTENDING
WITH FORTITUDE

MAGNANIMITY



GIFT
OF FORTITUDE

Name _____

Definition of Magnanimity:

Opposing Trait:

Magnanimity Looks Like:

Magnanimity Sounds Like:

Pick one and write a sentence about how they were magnanimous: St. Philip Neri,
St. Louis de Montfort, St. Paul Miki, St. Turibius of Mongrovejo



Scripture Passage: Read Matthew 28:16–20

Meditate: What great work does Jesus tell us to do?

Pray: Write a short prayer based on the Scripture.

Action: How do you proclaim Christ with a "large-soul"?

Three ways I can practice Magnanimity:

1. I

2. I

3. I



CONTENDING
WITH FORTITUDE

MAGNIFICENCE



GIFT
OF FORTITUDE

Name _____

Definition of Magnificence:

Opposing Trait:

Magnificence Looks Like:

Magnificence Sounds Like:

Pick one and write a sentence about how they were magnificent: St. Pope John Paul II, St. Maximilian Kolbe, St. Genevieve, St. Alban



Scripture Passage: Read Matthew 25:14-29

Meditate: What does God want you to do with the talents He has given you?

Pray: Write a short prayer based on the Scripture.

Action: Identify a talent God has given you that you can use to serve Him.

Three ways I can practice Magnificence:

1. I

2. I

3. I



CONTENDING
WITH FORTITUDE

PATIENCE



GIFT
OF FORTITUDE

Name _____

Definition of Patience:

Opposing Trait:

Patience Looks Like:

Patience Sounds Like:

Pick one and write a sentence about how they were patient: Bl. Teresa of Calcutta, St. Alphonsus Liguori, St. Gianna Molla, St. Athanasius



Scripture Passage: Read James 5:7–8 and 2 Corinthians 12:9–10

Meditate: How do the apostles handle difficulties and waiting?

Pray: Write a short prayer based on the Scripture.

Action: Thinking about the Scripture, how could you practice patience?

Three ways I can practice Patience:

1. I

2. I

3. I



Name _____

Definition of Perseverance:

Opposing Trait:

Perseverance Looks Like:

Perseverance Sounds Like:

Pick one and write a sentence about how they persevered: St. Monica,
Servant of God Elisabeth Leseur, St. Peter the Apostle, St. Maria Venegas de la
Torre



Scripture Passage: Read Hebrews 12:1-2, 11

Meditate: What does perseverance help you to do? What did Jesus persevere through?

Pray: Write a short prayer based on the Scripture.

Action: Thinking about the Scripture, how could you practice perseverance?

Three ways I can practice Perseverance:

1. I

2. I

3. I



Name _____

Definition of Honesty:

Opposing Trait:

Honesty Looks Like:

Honesty Sounds Like:

Pick one and write a sentence about how they were honest: St. Stephen, St. Bridget of Sweden, Bl. Henry Suso, St. John Chrysostom



Scripture Passage: Read Acts 5:1-10

Meditate: How were Ananias and Sapphira dishonest? Why did they lie?

Pray: Write a short prayer based on the Scripture.

Action: Thinking about the Scripture, why should you practice honesty?

Three ways I can practice honesty:

1. I

2. I

3. I



Name _____

Definition of Humility:

Opposing Trait:

Humility Looks Like:

Humility Sounds Like:

Pick one and write a sentence about how they practiced humility: St. Bernadette Soubirous, St. Bonaventure, St. Joseph of Cupertino, St. Gemma Galgani

Scripture Passage: Read Philippians 2:3-11

Meditate: Who is the model of humility? How was he humble?

Pray: Write a short prayer based on the Scripture.

Action: Thinking about the Scripture, when and how can you practice Humility?

Three ways I can practice Humility:

1. I

2. I

3. I



Name _____

Definition of Meekness:

Opposing Trait:

Meekness Looks Like:

Meekness Sounds Like:

Pick one and write a sentence about how they practiced meekness: Ven. Pierre Toussaint, St. John de Britto, Bl. Anthony Grassi, St. Thérèse of the Child Jesus



Scripture Passage: Read Proverbs 20:3 and Ephesians 4:26–27

Meditate: Why is it wise to control your anger instead of giving in to it?

Pray: Write a short prayer based on the Scripture.

Action: Thinking about the Scripture, when should you practice meekness?

Three ways I can practice Meekness:

1. I

2. I

3. I



Name _____

Definition of Moderation:

Opposing Trait:

Moderation Looks Like:

Moderation Sounds Like:

Pick one and write a sentence about how they practiced moderation: St. John XXIII, St. John of God, Bl. John Henry Newman, St. Francis de Sales

Scripture Passage: Read Proverbs 25:16, 17

Meditate: What example of moderation is used in Proverbs?

Pray: Write a short prayer based on the Scripture.

Action: Thinking about the Scripture, what can you do to practice moderation?

Three ways I can practice Moderation:

1. I

2. I

3. I



Name _____

Definition of Modesty:

Opposing Trait:

Modesty Looks Like:

Modesty Sounds Like:

Pick one and write a sentence about how they were modest: St. Maria Goretti, St. Thomas Aquinas, St. Andre Bessette, St. Bruno

Scripture Passage: Read 1 Corinthians 3:5-7, 6:19-20

Meditate: What does it mean to be modest in thought, word, and action?

Pray: Write a short prayer based on the Scripture.

Action: Thinking about the Scripture, what can you do to practice modesty?

Three ways I can practice Modesty:

1. I

2. I

3. I



Name _____

Definition of Orderliness:

Opposing Trait:

Orderliness Looks Like:

Orderliness Sounds Like:

Pick one and write a sentence about how they practiced orderliness: St. Benedict, Bl. Humbert of Romans, St. Raymond of Peñafort, St. Albert the Great

Scripture Passage: Read Psalm 8

Meditate: How can you tell order is something of God? What does the psalmist praise God for?

Pray: Write a short prayer based on the Scripture.

Action: Thinking about the Scripture, what can you do to practice orderliness?

Three ways I can practice Orderliness:

1. I

2. I

3. I



Name _____

Definition of Self-Control:

Opposing Trait:

Self-Control Looks Like:

Self-Control Sounds Like:

Pick one and write a sentence about how they practiced self-control: St. Perpetua,
St. Anthony of Egypt, Bl. Charles de Foucauld, St. Kateri Tekakwitha

Scripture Passage: Read Proverbs 25:28

Meditate: How is a person with no self-control like an open city with no defenses?

Pray: Write a short prayer based on the Scripture.

Action: Thinking about the Scripture, when should you practice self-control?

Three ways I can practice Self-Control:

1. I

2. I

3. I



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