

# Virtues Project

## *(Popov, Popov and Kavelin)*

The Virtues Project, founded by Linda Kavelin Popov, Dr. Dan Popov and John Kavelin, focuses on the practice of virtues in everyday life. The Virtues Project considers virtues to be the essence of human spirit and gifts of character.

This approach incorporates four instructional strategies for school staff.

- Speak the language of the virtues (language shapes character).
- Recognize teachable moments (to help build character in ourselves and others).
- Set clear boundaries (to create a climate of peace and safety).
- Honour the spirit (to express what is meaningful in our lives).

Many schools in Canada, the United States and other countries have adopted the Virtues Project approach to develop a culture of caring and character. Instruction and discussion about virtues can be integrated across subject areas. Teachers and administrators are encouraged to use the “language of the virtues” and encourage students to do the same. The approach also encourages having a “virtue of the month” as a focus for the school community, and it includes strategies for recognizing students who demonstrate target virtues.

### Contact information

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### Related Web site

[www.virtuesproject.com/index.php](http://www.virtuesproject.com/index.php)

### Related publications

Popov, Linda Kavelin. *The Virtues Project: Simple Ways to Create a Culture of Character—Educator’s Guide*. Torrance, CA: Jalmar Press, 2000.

Popov, Linda Kavelin. *A Pace of Grace: The Virtues of a Sustainable Life*. New York, NY: Plume, 2004.

Popov, Linda Kavelin, Dan Popov and John Kavelin. *The Family Virtues Guide—Simple Ways to Bring Out the Best in Our Children and Ourselves*. Toronto, ON: Penguin Books of Canada Ltd., 1997.