

# the virtue of FORTITUDE

Dear Parents,

January's virtue is **FORTITUDE**. It's fortitude that allows us to overcome our fear and remain resilient in the face of obstacles. Kindergarten, 1st and 2<sup>nd</sup> grades will **TRY AGAIN** and keep going in fortitude. 3-5 will practice **PERSEVERENCE** as a means of fortitude, and Junior High students will come to know fortitude through **PATIENCE**. Fortitude is mental and emotional strength in facing difficulty, adversity, or danger. It is often said that a person of **FORTITUDE** has backbone, grit, guts and moxie!

One way of practicing fortitude at home is to encourage your children to just keep going in the face of difficulty. In the long run, we do not help our children learn fortitude if we just do the difficult things for them. Living fortitude will help your children develop assertiveness, courage, patience and determination. A great place to start living fortitude is with your nighttime prayers.

## READING SUGGESTIONS

(check out [COMMONSENSEMEDIA.ORG](http://COMMONSENSEMEDIA.ORG) for more books & reviews)

lower grades: *The Steadfast Tin Soldier*

By: Hans Christian Anderson

middle grades: *A Wrinkle in Time*

by: Madeleine L'Engle

Jr. High/Adult: *Up From Slavery*

by: Booker T. Washington

"We don't grow when things are easy; we grow when we face challenges."



Hard work pays off, and fortitude is hard, but a worthy virtue to learn. Lily B

Fortitude is being brave. Teagan

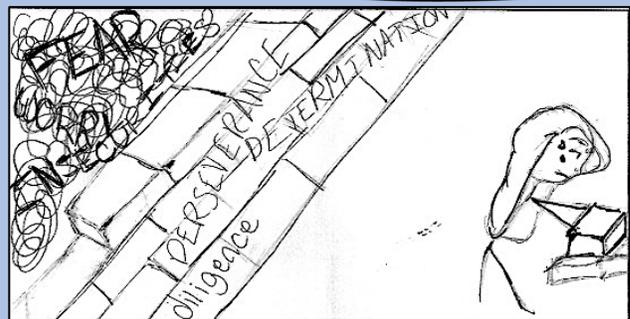
If we live with fortitude, there might not be as much fear in the world. Merryn

Don't give up just because something is hard; know that God has it under control. Anonymous

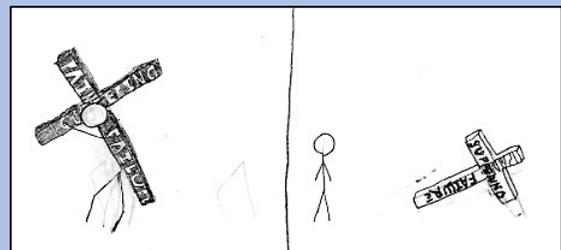
Fortitude is persevering beyond challenges. Sophia I.

You will never get better if you just quit. Ryann A.

Fortitude is not giving up on your dreams. Mikey B



Building a wall of FORTITUDE against fears & worries. By: 7<sup>th</sup> grader Mina C.



FORTITUDE is carrying your pain and failures, and not giving up. By: 7<sup>th</sup> grader Luke D.