

Humility

Humility is the quality of being humble, putting the needs of another person before your own, and thinking of others before yourself. It also means not seeking to draw attention to yourself, and acknowledging that you are not always right. Humility is an important skill as it gives us a sense of freedom from pride or arrogance and helps us be more empathetic and grateful for others. This is an important skill in relationships as people who have humility, show greater generosity, helpfulness, and gratitude—all things that can only draw us closer to others.

In today's individualistic society, children are often encouraged to equate success with winning and being right all the time. However, this can sometimes lead to egotism and a very 'me' centered outlook on life. To help offset this, it's necessary to help children practice humility and shift their focus to others in their community. Some ideas on how to do this can be found on the next page.

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Here are some activities you can do with your student(s) to help them work on improving their humility.

- Write your teacher a thank you note for their dedication to helping you be your best self everyday. You can also thank others who help improve your everyday life such as your delivery driver, garbage collector, or school janitor.
- Random acts of kindness are small acts that are done with no motive and, usually, without recognition. Offer to help your sibling(s) or parents with chores.
- Little kids can have a hard time with humility. Games can make it fun and easy for them to understand. You can practice this by having a family board game night!

