



# The Virtues Project

## UNDERSTANDING

**Week beginning March 5/6**

**Understanding is using your mind to think clearly, paying attention to see the meaning of things. An understanding mind gives you insights and wonderful ideas. An understanding heart gives you empathy and compassion for others. Understanding is the power to think and learn and also**

**You are practicing understanding when you ...**

**Concentrate and pay close attention**

**Reflect on the meaning of things**

**See the whole picture**

**Resist distractions**

**Put yourself in other people's shoes**

**Forgive others and yourself when you make mistakes**

### **Affirmation**

***I have an understanding mind. I see truth about things. I have an understanding heart. I have empathy for other people's feelings.***