

## Virtue of the Week

Yoga postures and Virtues adapted from *Yoga for Little Bears*

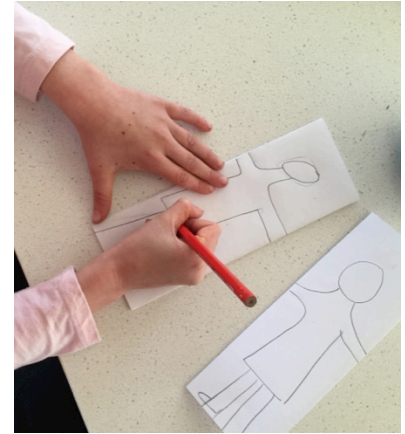
by Monica Batiste

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## Virtue of the Week – Friendliness

### *Making Paper Doll Friends*



Fold a piece of paper in half, then halve again. Draw the outline of a person with the hands and feet reaching the edge of that quarter page.



Cut out head, arms, legs - but not hands. When you open the page you will have four friends holding hands. Each child is invited to colour in their friends, and talk about positive friendship experiences.

Connect each set of friends to the next set, by pasting onto the wall. This can be a conversation starter for the entire week of practicing friendliness. Friends can be added at any time.

30-45 minutes.

**Thank you Gabby for demonstrating our Paper Doll Friends, we appreciate your kindness, creativity and confidence.**

### Monica Batiste

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Visit the author's website for more books, downloads and information on art, yoga, virtues and emotional intelligence.

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