



READY-TO-USE ACTIVITY CARD 04

ONE MOMENT. ONE VIRTUE. ONE CHOICE.

Notice the Good. Remember a Moment. Express What It Means.

Turn a meaningful choice into thoughtful writing, art, and reflection.

For libraries, schools, homeschool groups, and community programs

READ

Notice a meaningful choice

CREATE

Express the moment

REFLECT

Explore what it means

SHARE

Offer your perspective

AT A GLANCE

AGES
6–17

TIME
45–60 min

FORMAT
Writing, art, dictation, or
discussion

SETTING
Flexible partner program

ACTIVITY OVERVIEW

LEARNING GOALS

Children listen to or read a short story involving a meaningful choice, identify the virtue or value they notice, and connect it with a real, witnessed, received, practiced, or imagined moment. They express the idea through writing, drawing, dictation, or discussion, reflect on why the moment matters, and may share in a way that feels comfortable. Personal disclosure is never required.

- Identify a meaningful choice and a virtue, value, or quality shown through action.
- Consider alternatives, consequences, and different points of view without searching for one “perfect” answer.
- Connect a story idea with a real or imagined situation while protecting personal boundaries.
- Express an original response through writing, art, dictation, or thoughtful conversation.
- Listen respectfully and recognize that people may notice different virtues in the same moment.

MATERIALS

FACILITATOR PREPARATION

Required

- A short, age-appropriate story involving a virtue or meaningful choice
- Paper, pencils, and erasers
- Blank and/or lined paper for different response options

Optional

- Crayons, markers, colored pencils, collage paper, or simple art materials
- Virtue word cards, a word bank, sticky notes, or index cards
- Writing frames, speech-to-text, dictation support, or multilingual resources

- Select and preview a brief story with a clear choice, while avoiding content unsuitable for the group.
- Prepare several possible virtue words, but allow children to name a different value they genuinely notice.
- Plan response choices: drawing, caption, paragraph, poem, letter, short scene, dictation, or discussion.
- Prepare fictional and third-person alternatives so children never need to reveal a private experience.
- Decide how work will be shared, displayed, returned, or stored, and offer a private or no-share option.
- Review child-safety, accessibility, privacy, photography, media, record-retention, and publication policies.

SUGGESTED SESSION MAP

WELCOME
4–5 min

READ
10–12 min

CREATE
15–18 min

REFLECT
7–10 min

SHARE
8–10 min

Adapt the timing to your group. Children may use a real, witnessed, or imagined moment; personal disclosure is never required.

FACILITATOR NOTES

READ

CREATE

REFLECT

SHARE

STEP-BY-STEP ACTIVITY

1 WELCOME 4–5 min	Open the Door to Virtues Explain that a virtue is a quality we can notice through actions and choices—for example kindness, courage, honesty, patience, gratitude, responsibility, respect, or perseverance. A story may show more than one virtue, and children do not need to agree on a single label. Facilitator prompt: “What can a choice show us about a person or situation?”
2 READ 10–12 min	Find the Meaningful Choice Read or listen to a short story. Pause at the key moment and identify what happened, what choices were possible, what the character chose, and what followed. Invite children to name the virtue, value, or idea they notice and explain the evidence in the story. Need a story? Explore the 365 for Kids Library and Virtue Tales. Facilitator prompt: “Which moment changed what happened next?”
3 CREATE 15–18 min	Create One Moment Invite each child to choose a real, witnessed, received, practiced, or imagined moment connected with a similar virtue. The response may be a drawing with a caption, comic, paragraph, poem, letter, short scene, dictated reflection, or spoken response. Adults may support handwriting or typing, but the ideas and words should remain the child’s own. Facilitator prompt: “What is the one moment you want someone else to notice?”
4 REFLECT 7–10 min	Reflect on Why It Matters Ask children to identify what happened, what virtue they noticed, why the moment mattered, and what choice they would make. They may add a title, one important detail, or a final sentence that expresses the meaning. A fictional response is just as welcome as a personal one. Facilitator prompt: “What did this moment help you understand?”
5 SHARE 8–10 min	Share by Choice Offer voluntary partner sharing, a small-group circle, a gallery walk, anonymous reading by the facilitator, or quiet one-to-one sharing. Children may pass, share only a title or virtue word, or keep the response private. Listeners may reply with “I noticed...” or “This made me think...”. Avoid ranking, correcting, or judging the child’s experience. Facilitator prompt: “What would you like your listener to remember?”

DISCUSSION & REFLECTION

ADAPT & INCLUDE

- What choice did the character or person face, and what other choices were possible?
- Which virtue or value do you notice? What action shows it?
- What changed because of the choice?
- Could another person understand the same moment differently? Why?
- Why might doing the right or caring thing sometimes feel difficult?
- What small choice could express this virtue in everyday life?

Ages 6–8: Use one clear choice, a small virtue word bank, drawing plus one dictated sentence, and fictional examples when helpful.

Ages 9–12: Use a short paragraph, comic, letter, or story with a beginning, choice, result, and reflection.

Ages 13–17: Explore competing values, consequences, perspective, ambiguity, or a choice that required courage, followed by an original reflection, poem, letter, or scene.

Additional options: Offer third-person writing, imagined scenarios, private responses, multilingual work, speech-to-text, visual sequencing, extra time, or partner dictation.

Protect personal boundaries: A child may discuss the story rather than personal life, change identifying details, use an invented name, or create a fully fictional moment.

30-minute version: Welcome 3 min; READ 7 min; CREATE 9 min; REFLECT 5 min; SHARE 6 min.

FACILITATOR TIPS

Guide reflection without preaching or asking for one “correct” moral. Focus on the action, choice, context, and consequence rather than labeling a child or character as simply “good” or “bad.” Praise sincerity, specificity, imagination, revision, and respectful listening. Accept that different children may notice different virtues in the same story.

SAFETY, PRIVACY & PERSONAL STORIES

Never require a child to reveal a private, painful, traumatic, medical, family, legal, school, or identifying experience. Offer fictional and third-person choices. Discourage full names, addresses, school names, exact locations, contact details, or identifying information about another person. Follow your organization’s safeguarding procedure if a child discloses a safety concern. Do not photograph, retain, publish, or submit work without required authorization.

OPTIONAL 365 FOR KIDS CONNECTION

This activity is complete on its own. Participation in a 365 for Kids annual program is entirely optional and is not required to use this Activity Card.

Eligible original writing may be separately submitted to [Pages of Virtue — 2026 Edition](#). A drawing may inspire a written piece, but the initiative accepts original writing. The child’s ideas, meaning, and age-appropriate voice must be preserved; adults may provide only permitted support. A parent, legal guardian, teacher, educator, or authorized organizational representative must review the current eligibility, originality, privacy, consent, word-limit, date, and submission requirements before submitting.

RESOURCES: [365 for Kids Library](#) | [Pages of Virtue](#) | [Writing Rules](#) | [Learning Model](#) | [Activity Guides](#) | [Partner Access](#)



PAGES



MODEL