

CHARACTER DEVELOPMENT ACTIVITIES FOR VIOLETT THE PINK BUTTERFLY

Violet the Pink Butterfly is a wonderful resource for developing positive character traits! *Violet the Pink Butterfly* can be used to stimulate discussion about encouragement, resilience, and forgiveness, among many other important character qualities!

ENCOURAGEMENT

Encouragement can be defined as the action of giving support, courage, or confidence to someone. It is important to have friends and other people in our lives who encourage us on a regular basis. In this story, Mr. and Mrs. Vamos (Violet's parents) encouraged Violet to be proud of her pink appearance and to explore the world, and the zebra encouraged Violet to audition for the dance show.

- Who are some people that have encouraged you? How exactly did they encourage you? For example, did they say something nice to you, or help you in some way to achieve a goal that was important to you?
- What are some ways that you can encourage other people? Make a list of 5-10 things you can do that would be encouraging to someone else – your list might include things like giving a compliment (saying something nice) to somebody else, making an encouraging card, helping someone finish their homework, doing household chores without being reminded, calling someone on the phone that you haven't talked to in a long time, and so on. Be an encourager and do one or two of the things on your list for somebody else this week!

RESILIENCE AND FORGIVENESS

Resilience can be defined as the ability to overcome difficulties and to “bounce back” from challenging situations, while forgiveness can be described as the action of ending feelings of anger or resentment toward someone, and the cancelling of a debt (or the feeling that someone “owes” us something). In the story, the dragonflies made fun of Violet and teased her about being pink. Fortunately, Violet's parents told her to ignore the negative comments and to be thankful for her unique appearance. Violet took their advice and continued on to explore the world, and ended up becoming a famous salsa dancer! Violet didn't focus on the negative things that had happened to her, or could happen to her; instead, she focused on the possibilities of a bright future.

It is important that we ignore negative comments and not let them affect us, and that we talk positively about ourselves and other people. It is also important to forgive other people who have said negative things to us or about us. Forgiving other people doesn't mean that what they said or did was acceptable, but it does mean that we give them the benefit of the doubt and a chance to apologize, and continue to move toward future

possibilities. We also have to be honest with ourselves and admit if we said anything negative to or about the other person, then take steps to improve the situation. Sometimes we need to forgive, and also to be forgiven!

- Has anyone ever said anything negative to you? How did you react in the situation? If it is possible, ask the person who said something negative to talk about the situation with you. Sometimes people don't realize that what they said hurt our feelings. Many times people will apologize when they understand that what they said or did hurt us in some way. Even if the other person doesn't apologize, it's still important to forgive them for what they said or did. Forgiving other people means that we "let go" and let God take care of the situation, and move forward into the future that God has planned for us.
- Have you ever said anything negative to someone else? If you did, take some time and apologize to the person. Sometimes we don't realize how badly our negative words can hurt someone else. Try to apologize to them in person if possible; you can also give them a phone call or write them an apology card. It's important to try and apologize, even if the other person will not receive your apology. If that happens, do your best and move forward into the future that God has planned for you.