

Humility MARCH 2026



SAY IT:

Humility: Putting others first by giving up what you think you deserve

KNOW IT:

ASK A GROWN-UP:

- Tell me about a person you know who has shown humility.
- What are some ways you have tried to put others first in your life?

ASK A KID:

- Can you think of any of your classmates who demonstrate humility?
- What are some ways you can show humility at home or at school?

SEE IT:

There are many great examples of people who have displayed humility throughout history. One great example is a lady named Mother Teresa. Mother Teresa was a Catholic nun who dedicated her life to serving “the poorest of the poor” in Calcutta, India. Not only did she personally serve this community, she also founded the Missionaries of Charity and empowered many others to serve with humility, as well.

Watch this short biography about Mother Teresa and learn more about how she put others first: <https://www.youtube.com/watch?v=mzH13X88kbM>

BE IT:

Talk about some other great leaders who showed humility by putting others first. Set a family goal to do something in the community to help someone in need. Reach out to a local non-profit organization or the school counselor to find out how your family can serve others in need and demonstrate humility.

PHASE

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It's pretty simple – the words we use with kids matter.

Our words have an impact each day on what kids think of themselves, their future, and their interactions with the world. Here are some words you can use every day:

Good morning!

I love you

I have noticed...

I hope you know...

Have fun!

Keep trying

I'm really proud when...

Work hard

I've been thinking...

I'm sorry

Be kind

I can always count on you to...

So don't miss it. It's just a phase! Make sure you are using words every day to build up the skills you want to see in your child.