**HANDOUT: DISCUSSION AND REFLECTION FOR PARENTS**

**Virtue: UNITY**

**What is unity?**

Unity helps people work and live together peacefully. When you practice unity, you feel connected to everyone and everything. Unity brings harmony, like the music made by the different instruments in an orchestra. Unity comes when we value each person. The joy of one is the joy of all. The hurt of one is the hurt of all. The honor of one is the honor of all.

**Why practice it?**

Without unity, differences scare people and drive them apart. Without unity, each person stands alone. When we come together in unity, we cooperate. We work together to accomplish more than any of one of us could by ourselves. We feel a sense of unity with all living things, and do our part to care for the earth.

**How do you practice it?**

When you practice unity, you look at your prejudices and are willing to let them go. Unity doesn’t mean being the same. Just as every leaf on a tree has a unique design, each person on this earth is someone special. When you practice unity, you see the specialness in each person, not as a reason to fight or be scared, but as a gift. Working in unity with others gets things done efficiently. Unity is solving conflict peacefully by listening and finding solutions.

**Signs of Success**

You are practicing unity when you…

* Treat all people as members of one human family
* See the gifts in differences
* Refuse to join in when others express prejudice
* Solve conflict through listening and finding solutions
* Care for the earth and all living things
* Act like a peacemaker wherever you go

Affirmation

I am in unity with others. I appreciate differences. I do not support prejudice.

I am a peacemaker. I care for the earth and all living things.

**Quotable Quotes**

*“And if a house be divided against itself, that house cannot stand.”*

-The Bible

*“He who experiences the unity of life, sees his own Self in all beings, and all beings in his own Self, and looks on everything with an impartial eye.”*

-The Bhagavad Gita

*“…Ye are the fruits of one tree, and the leaves of one branch. Deal ye one with another with the utmost love and harmony, with friendliness and fellowship…So powerful is the light of unity that it can illuminate the whole earth.”*

-Bahá’u’lláh

From The Virtues Project Educator’s Guide, by Linda Kavelin Popov