



## Activity 93

## What's in Your Cup?

**Spiritual Development:** To reflect on the values, virtues and qualities you use in your daily life.

**You will need** – Paper, felt tip pens, polystyrene cups, glue, pens, pencils and scissors.

**Activity** – Sit with a partner or in a small group and give everyone a polystyrene cup. The question to ask is 'What's in your cup?' Discuss the values, virtues and qualities that you feel you hold in your cup e.g.

- |                |                  |                   |
|----------------|------------------|-------------------|
| * listening    | * honesty        | * compassion      |
| * perseverance | * resilience     | * wisdom          |
| * motivation   | * trust          | * forgiveness     |
| * faith        | * strength       | * happiness       |
| * love         | * kindness       | * service         |
| * hope         | * thoughtfulness | * friendship etc. |

After you have discussed the values and virtues you hold in your cup, decorate your cup with labels of those values. You can display the cups for others to look at and discuss.

