



The Good, The True, and The Beautiful (Series Overview)

[Watch the video](#) (2 min 30 sec)

Key Takeaway: (1:11) “Good, True, and Beautiful thoughts, things, ideas, words, art, environments, and actions contribute to our deep contentment and happiness—what the Greeks called Eudamonia, the wellbeing of our souls.”

This series is intended for anyone 5th grade and up—we encourage you to watch these videos with your students and read the corresponding blog posts for simple ways to practice these virtues together!

What is Goodness?

[Watch the video](#) (approx 3 min)

Key Takeaway: (1:18) “Aristotle taught we could seek the Good -- and thus, happiness -- by practicing virtues. For the ancient Greeks, the 4 virtues valued most were: **Courage, or Fortitude; Prudence, or Wisdom** -- the ability to draw on the knowledge of the past to discern right actions, think ahead, and make properly reasoned choices; **Self-discipline, or Temperance; and Justice** -- balance and rightness of thought and action for the good of those around you.”

TEMPERANCE CHALLENGE FOR KIDS!

- Set your own bedtime and go to bed at the same time each night for a week
- Exercise for 20 minutes every day for a week
- Practice a musical instrument for 30 minutes each day for a week
- Make your bed first thing every morning
- Turn off all screens by 7 pm for a week
- Place a dessert on the counter where it can be seen all day, but wait until after dinner to have some
- Wake up 30 minutes earlier in the morning and write in a journal before school
- Plan out and pack your own healthy lunch each day for a week

For more ideas on practicing the good/temperance, read our blog post:

sloclassical.org/2021/10/24/practicing-the-good-temperance/

What is Truth?

[Watch the video](#) (4 min)

Key Takeaway (2:46): “When pursuing truth, wise minds trained in classical reasoning pause to ask questions like, “On what evidence is that claim based? What are the facts? What can we know? What is impossible for us to know? How does this fit within the whole picture? Is this an assumption? What sources were cited? What authority does this person have? What authority do I have? What are the counter-arguments? Am I jumping to conclusions, or have I really thought this through?”

ACTIVITIES FOR SEEKING TRUTH

Research Skills!

1. Choose a research question! This can be a current event, or just something you’d like to know more about. To start, it might be best to choose something that isn’t too controversial!
2. When you have chosen your topic, write down what you have heard about the topic by word of mouth. Then, gather your sources. Choose one from each of the following:
 - A scholarly source (university, scholarly article, peer-reviewed scientific study, etc.)
 - A popular article (newspaper, magazine, television network).
 - An online encyclopedia article (Britannica, Wikipedia etc.)
 - A Blog Post or Youtube Video
 - A Social Media Post or a Meme

Post-Research Discussion!

- Sourcing Information: Who wrote this? Who published it—where and when? What were their qualifications and background?
- Details: What arguments were presented? What claims were made? On what evidence were claims based? How did the details in the source agree with or conflict with the other information you found?
- Meaning/Interpretation: Why was it published? What was the motivation? What contextual factors may have influenced the writer? What may the writer’s biases be? Why do you think so?
- Intuition: Check in with yourself: do you have a positive or negative emotional inclination toward this source? Why or why not? Does one just “feel” more true than another?

For more about seeking truth, read our blog post: sloclassical.org/2021/11/01/practicing-the-true/

What is Beauty?

[Watch the video](#) (4 min)

Key Takeaway: (2:58) “We are pursuing beauty here. With what we assign, the spaces we curate, and the books we read, we are not merely choosing what we like, what is trendy, or “cool.” We’re chasing beauty -- the things that move us and have moved generations of humans before us. This is why we read Homer and Gilgamesh and Emily Dickinson and Ancient Chinese poetry and Martin Luther King. It’s why we take our students camping in the woods and study natural sciences. It’s why we appreciate and make art. In our students, we want to cultivate a love of beauty. Ultimately, these moving experiences will come to shape their own tastes and loves over time.”

PRACTICING BEAUTY

- Schedule time to seek beauty 1x/week. Put it on the calendar so it’s a priority!
- Get outside in nature.
- Take your kids to attend a live concert. (Aren’t ready for a live show? Listen to beautiful music at home or in the car.)
- Visit an art museum or attend a poetry reading.
- Pick a beautiful film to watch with your family, and have a “cafe discussion” after.

For more ideas on practicing beauty, read our blog post: sloclassical.org/2021/11/08/practicing-beauty/