

When we are Confirmed, we receive the Holy Spirit, just like the Apostles did. We receive special fruits of the Holy Spirit, which are good qualities (also known as virtues) that let people know that the Holy Spirit is working in us. These nine fruits are: love, joy, peace, patience, kindness, goodness, generosity, gentleness and faithfulness. If we put these qualities into practice in our everyday lives, we will be helping to make the world a better place for everyone and will be showing that the Holy Spirit is indeed working in us.

In pairs, each choose a fruit and give an example of how you would put it into practice in your everyday life.

Below is a picture of a tree, which represents the Holy Spirit. Colour it in to make it as beautiful as the Holy Spirit. Then draw nine fruits on it (whichever you like) and write a fruit of the Holy Spirit on each one. You could even help make a bigger, more colourful tree for your classroom!

