

Values

Identity & Perspective, Module 1



AGENDA



1. Brainstorm what people in your life you respect and why.



2. Independently fill out the worksheet to create a values statement



3. Reflect: What actions you take in life to demonstrate your core values?



BRAINSTORM



Name a person you look up to. Why do you respect them? What is it about them that you admire?

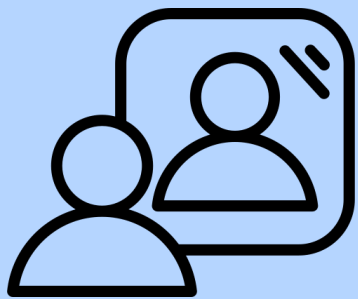
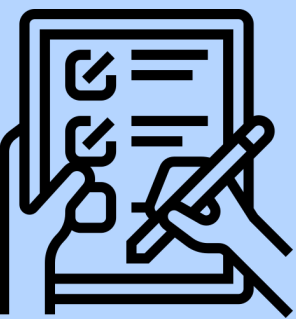
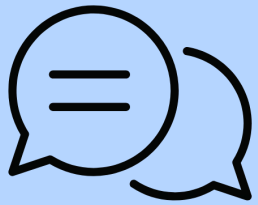


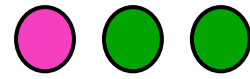
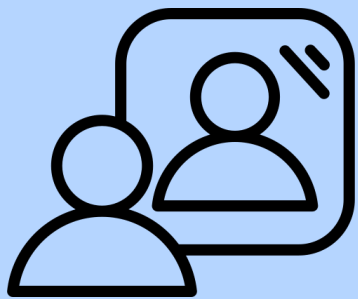
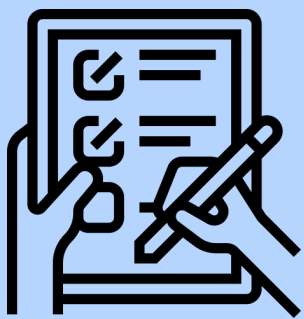
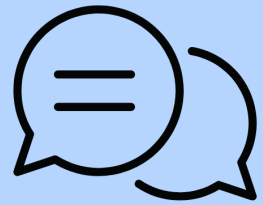


DISCUSS



Share some characteristics that the people you look up to exhibit.



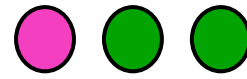
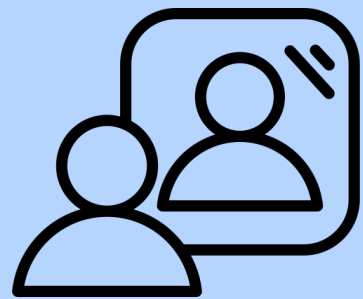
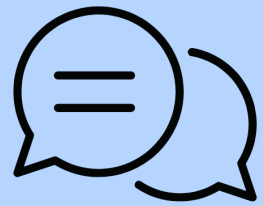


DIVE IN



Values

Values are the ideas or beliefs that are most important to us in life. When we talk about values, we are not talking about material things like electronics, sneakers, or video games. When we talk about values, we mean intangible things, or things that can't be touched. Everyone has values, and your values might be different based on where you live, your family, your religion, or your age.



DIVE IN



Types of values



Some examples of values are honesty, fairness, and respect.

Why are values important?



Knowing what our values are is important because it helps us do the right thing. It can be little overwhelming to think of our values.

What are core values?



Core values are the values that we think are the MOST important. They are the beliefs and ideas that guide how we live, the people we want to be, and the friends we surround ourselves with.



ACTIVITY



- In small groups, students will make a coat of arms that displays core values that are important to them.
- Reflect: How do the images you selected for your coat of arms represent the values that are most important to you?

emozi High School

Worksheet

Name: _____ Date: _____

Values

Sample Values

Accountability	Determined	Kindness
Achievement	Disciplined	Love
Adventure	Diversity	Loyalty
Ambition	Enthusiastic	Open-mindedness
Assertive	Entrepreneurial	Optimistic
Beauty	Fair	Perseverance
Caring	Family	Positive
Charity	Fitness	Popularity
Cheerful	Forgiveness	Self-control
Citizenship	Friendship	Spiritual
Collaborative	Fun	Successful
Community	Generous	Teamwork
Compassion	Honest	Thoughtful
Competitive	Humility	Truthful
Courage	Humorous	Reliable
Courteous	Independent	Resilience
Curiosity	Integrity	Respectful
Dependable	Intelligent	Social Justice

Step 1: Circle each value that resonates with you.

Step 2: Select 10 that are most important and number them 1 (most important) to 10 (least important).

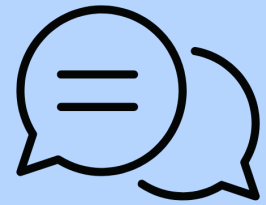
Step 3: Identify your top 3 values. These are your core values, or the things that are most important to you. List them here: _____.

Step 4: Explain why they are most important to you. _____.

Reflect

Our actions should align with our values. What actions will you take to demonstrate the core values you've identified?

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REFLECT



What actions you take in life to demonstrate your core values?

Guiding Questions

- Is money more important than being honest?
- Would you rather have a best friend that is loyal or one that is kind?

Home Connection



Home Connection

Values

Dear _____,

Today in class, we learned that **Values** are the ideas or beliefs most important to us in life. We reviewed a list of sample values and rated the ones that resonated with them.

Please encourage your student to share their values with family members and see how theirs are similar or different from their family members.

Please do not hesitate to reach out with any questions or concerns.

Best,

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Professional Development



Take 5 minutes and reflect on your own values.
What is most important to you? Why? How do
you demonstrate that this value is important?





Further Study

For Further Study:

- 7 Steps to Identify Your Core Values:
<https://scottjeffrey.com/personal-core-values/>
- Life Values Inventory:
<https://www.lifevaluesinventory.org>
- What Are Your Values?
https://www.mindtools.com/pages/article/newTED_85.htm





Lesson Complete!

