



Values

Materials:

- Worksheet

Brainstorm

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

Discuss

Engage students in a discussion about which characteristics the person they look up to has. If possible, try to point out values as they arise, such as hard-working, loyal, trustworthy and list them on the board. Ask follow up questions to continue to engage students in the topic as long as appropriate, such as: Is money more important than being honest? Or: Would you rather have a best friend that is loyal or one that is kind?

Dive in!

Explain to students: These characteristics that we are talking about are called 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. Some examples of values are honesty, fairness, and respect. Knowing what our values are is important because it helps us do the right thing. It can be a little overwhelming to think of our values. How do we decide what is most important to us in life? In this activity, we will determine our 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. Understanding what our values are helps us make decisions that honor what is important to us.



High School

Activity

For this activity, students can work independently, in pairs, or small groups, but each student should complete their own value statement. Distribute copies of the worksheet to students. Read through the samples of values, but make sure students understand this is only a sample list of values. Ask students to circle the ones that resonate with them. Then, ask them to complete the rest of the worksheet. When done, call on volunteers to share their core values. Make sure students keep their worksheets for the next lesson.

Reflect

To close out the lesson ask students to respond to the prompt on the worksheet: Our actions should align with our values. What actions will you take to demonstrate the core values you've identified?

Optional Home Connection → Have students share their values with family members and see how theirs are similar or different from their family members.

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?

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