

# ***Understanding Personal Values and Shaping Behavior***

Lesson Objective:

Students will explore their personal values and learn how those values shape their behavior and influence decision-making.

Materials Needed:



- Copy of Chapter 26: Understanding Personal Values and Shaping Behavior .
- Paper and pencils
- S.T.A.R. Strategy Poster
- Personal Values Worksheet
- Home Connection Letter

Introduction to the Topic (10 minutes)

Greeting Outline:

- Welcome the children and have them sit in a circle (if applicable)
- Briefly discuss the concept of personal values and how to use personal values to affect your behavior and decision-making.

## **Greeting and Circle Time Teacher Script**

### **Warm Welcome and Opening Discussion:**

- ““Today, we will explore personal values, those beliefs that guide the way we behave. Think of values as a compass, they help us make decisions, especially in tough situations. Our values shape our actions and influence how we respond to challenges.”

### **Discussion Starter**

- “Can you think of a time when something important to you guided your behavior?”
- “Why do you think knowing your values can help you make good choices?”

Read the Chapter (15 minutes)

Story Time Outline:



- Read Chapter #26 aloud.
- Ask questions during key parts of the story.

### **Story Time Teacher Script:**

#### **Prepare the Children for the Story:**

- “Now let’s read a chapter from \*The Star Squad: Navigating Fifth Grade Adventures\* where the squad learns to use their values to make better decisions and choices.”

(Read the chapter aloud, pausing at key moments to ask questions and engage the children.)

#### **Read the Chapter with Emphasis on Key Moments.**

**While reading**, pause during key moments.

#### **Ask Questions:**

- What does Mr. Jenkins compare values to, and why?
- How do Ollie’s values help him when he makes mistakes?
- What value does Buzz demonstrate when working with his teammate?
- How did Maya’s value of empathy guide her decision?
- What did Sammy realize about the importance of patience?
- How do the friends describe values shaping their feelings and actions?
- What’s an example of Harriet showing courage?
- How do values change over time, according to the group?
- How can values help us resolve conflicts?
- How do values help the squad respect different viewpoints?

## Chapter 26: Understanding Personal Values and Shaping Behavior

It was early June, and with only a few weeks left of school, the friends had a lot on their minds. They were thinking about summer plans, end-of-year activities, and how much they had grown over the school year. Mr. Jenkins introduced a new class discussion topic: personal values. He explained that values are the beliefs that are important to us and guide how we behave.

“Your values are like a compass,” Mr. Jenkins said. “They help you find the right path, especially when you face tough choices. When you know what’s important to you, it’s easier to make decisions that match who you want to be.”

The friends were intrigued and began to think about their own values and how those values influenced their behavior.

### Exploring Personal Values

After class, the group gathered to talk about what values meant to them. “I never really thought about how my values shape what I do,” Bennie said. “But it makes sense. If I care about being fair, I’m more likely to stick up for someone who’s being treated unfairly.”

Harriet nodded. “And if we value kindness, we’ll try to be kind to others, even when it’s hard.” The friends decided to take time to think about which values were most important to them. They each wrote down three values and shared them with the group.

Ollie: Honesty, friendship, and respect.

Harriet: Kindness, courage, and responsibility.

Bennie: Fairness, helpfulness, and perseverance.

Sammy: Loyalty, creativity, and patience.

Buzz: Determination, teamwork, and generosity.

Betty: Compassion, learning, and integrity.

Maya: Empathy, gratitude, and balance.

### Understanding How Values Influence Behavior

The group began to reflect on how their values shaped their everyday choices. “When I think about honesty,” Ollie said, “I realize that it’s not just about telling the truth. It’s also about being honest with myself and admitting when I’ve made a mistake.”

Harriet added, “And courage isn’t just about doing brave things. It’s also about standing up for what I believe in, even if I’m nervous.”

The friends realized that their values often helped them make decisions when they faced difficult situations. For example, if they were tempted to take a shortcut on a school project, their value of responsibility might push them to put in the effort to do the work properly.

## Reflecting on a Recent Situation

The friends decided to think back on a recent situation where their values had influenced their behavior. Buzz shared a story about a time when he had been working on a group project and noticed that one of his teammates wasn't participating. At first, he felt frustrated, but then he remembered his value of teamwork and decided to ask if his teammate needed help.

"I could have just gotten mad," Buzz said. "But I realized that if I valued teamwork, I needed to show it by supporting my teammates, even if they were struggling."

Maya shared a story about a time when a friend had made a joke that hurt someone else's feelings. She felt torn between staying quiet and saying something. "My value of empathy helped me decide to speak up," she said. "I asked my friend to think about how the joke might have made the other person feel."

The friends realized that their values didn't just shape their actions, they also influenced how they felt about situations and how they chose to respond.

## Thinking About How Values Can Change

The group talked about how their values had developed over time. "I think values can change as we grow," Sammy said. "When I was younger, I didn't really think much about patience, but now I see how important it is."

Harriet agreed. "It's like we're always learning about what matters to us. The more experiences we have, the more we understand our values."

They also discussed how different situations could bring certain values to the forefront. For example, a situation where someone needed help might highlight the importance of kindness, while a challenging task could remind them to be determined.

## Moving Forward with a Deeper Understanding

The friends decided to keep exploring their values and paying attention to how those values guided their choices. They made a pact to use their values as a guide when they faced tough decisions.

"Knowing what's important to us helps us stay true to ourselves," Ollie said. "Even when things get complicated, our values can show us the right way to act."

Harriet added, "And when we understand our values, we can also understand each other better. It helps us respect different points of view because we see where someone is coming from."

The friends felt proud of the progress they had made in understanding themselves over the school year. With each step, they were learning not only to recognize their values but also to use those values to shape their behavior in positive ways.

As the end of the school year drew near, they knew they would carry their values with them, like a compass guiding them through whatever challenges lay ahead. And with that understanding, they were ready to keep growing, learning, and making choices that reflected who they truly were.

### Post-Chapter Teacher Script

- **Teacher:** “This story shows us how knowing what we value and using those values to make decisions can help us to make decisions that we can feel good about. ”

### Post-Chapter Questions

These questions encourage children to think deeply about what they listen to and to understand that they can use the S.T.A.R. Strategy in many different situations.

- How can values help us make decisions when we're unsure?
- Why is it important to stay true to yourself?
- Can values change as we grow?
- How do values help us respond to challenges?
- What happens when our values conflict with someone else's?
- How can understanding other people's values improve relationships?
- How do values shape how we behave in school or with friends?
- Why is reflection important when thinking about our values?
- How do the friends plan to use their values going forward?
- What value do you admire in others, and why?

Do an Activity (20 minutes)

- Students will identify some personal values and how these values have helped guide their behaviors and decisions.



### Activity: Exploring Personal Values

#### Introduce Activity

“Today we’re going to talk about something really important, **personal values**. Values are the things we believe in that help us decide how to act, treat others, and make good choices.

We don’t always see values like we see rules, but they guide us in quiet ways

every day. For example, if kindness is your value, you might help a friend or use gentle words.

Let's brainstorm some values together. I'll write 'Personal Values' at the top of the board, and I'd like you to tell me:

**'What are some values that help us be our best selves?'**

*As students share, write their ideas on the board. Add examples like kindness, honesty, empathy, courage, fairness, responsibility, gratitude, patience, teamwork, and determination if needed.*

### Follow-up Discussion Prompts:

- "How does *kindness* show up in your life?"
- "Why is *responsibility* important when we're working in a group?"
- "What does *courage* look like when you're trying something new?"

"Now that we've created a list of values, you're going to choose three that are important to you and write about them using the *Personal Values Worksheet*."

"On your worksheet, you'll choose **three values**, they can come from the list we just made or from your own ideas. For each one, think about:

- How does this value guide the way I behave?
- When was a time I used this value in my life?

For example, if your value is **honesty**, maybe you told the truth even when it was hard. If your value is **teamwork**, maybe you helped your group finish a project. Take your time and be thoughtful. This is your chance to reflect on what really matters to you."

### Instructions

- Teacher Leads Brainstorming: Write "Personal Values" at the top of the whiteboard or chart paper.
- Ask Students to Contribute:
  - "What are some values that guide how we act and treat others?"

- As students share, list their ideas. Encourage them to think broadly.
- Example values include:
  - Kindness
  - Honesty
  - Courage
  - Fairness
  - Responsibility
  - Patience
  - Empathy
  - Teamwork
  - Gratitude
  - Determination
- Discuss the List Briefly: Talk about how these values shape behavior. For example:
  - “How does kindness show up in our daily lives?”
  - “Why might responsibility be important when working on group projects?”
- Completing the Personal Values Worksheet (20 minutes)
- Distribute the Personal Values Worksheet (template at end of lesson). Students Choose Three Values from the brainstorming list or their own ideas.
- For Each Value, Students Reflect:
  - How does this value guide your behavior?
  - Describe a situation where you used this value.
- Sharing in Small Groups (10 minutes)  
Students share one of their values with a small group, along with the situation they described. Encourage them to listen for similarities and differences in their classmates’ values.

Closing Discussion (5 minutes):

### Sharing



- “Now that you’ve had time to reflect, you’ll get into small groups and share **one of your values** and the situation where you used it. As you listen to others, pay attention to how their values are similar or different from yours. Remember, every person’s values are personal and important.”
- *Walk around and support respectful listening and participation.*

## Wrapping It Up

- “You all did such thoughtful work today. When we understand our personal values, it helps us make better choices and treat others with respect.
- Values like kindness, honesty, or responsibility don’t just guide what we do, they help shape who we are. And even though everyone’s values might look a little different, they all help make our classroom a better place.”

## Wrap Up the Lesson (5 minutes)

### Review and Reflection Overview:

- Have students reflect on their experiences and what they learned.

## Review and Reflection Teacher Script

### Gather in a Circle for Reflection:



- “Let’s come together in a circle to reflect. In a circle, we all belong and everyone’s voice is equal.
  - When it’s your turn, finish this sentence:
  - **‘One value I think is important in life is...’**
- You can choose one from your worksheet or one you heard from a classmate. If you’d like to pass, that’s okay too.”

### Closing

- “Every day, you have the chance to live out your values through your words and actions. Whether it’s helping someone, speaking kindly, or doing your best, your values are what guide you.
- Keep noticing what matters most to you, and keep showing those values through how you treat others. That’s how we build a strong, caring classroom and grow into the best version of ourselves.”



## Home Connection Letter

### **Sending Information Home:**

- “Before you go, I have a letter for you to take home. It explains that our class explored the concept of personal values, like kindness, honesty, responsibility, and courage, and how they guide our actions and choices.”
- Hand out the letters as the children prepare to leave.

### Parent Letter

#### **Sending Information Home:**

- Provide each child with a letter to take home to their parents explaining the lesson.

Dear Parent(s)/Guardian(s),

Today, your child participated in a lesson about personal values and how they shape behavior. They identified three values that are important to them and reflected on situations where they used those values to guide their actions.

Here are some ways you can continue this conversation at home:

- Ask your child to share the values they identified and why they are important.
- Discuss family values and how they guide decisions in your household.
- Encourage your child to reflect on their values regularly and use them to make thoughtful decisions.

Thank you for supporting your child's journey in understanding the role of values in shaping positive behavior.

With Gratitude,

# ***Personal Values Worksheet***



1. Value 1: \_\_\_\_\_

- How this value guides my behavior:

\_\_\_\_\_

- A situation where I used this value:

\_\_\_\_\_

2. Value 2: \_\_\_\_\_

- How this value guides my behavior:

\_\_\_\_\_

- A situation where I used this value:

\_\_\_\_\_

3. Value 3: \_\_\_\_\_

- How this value guides my behavior:

\_\_\_\_\_

- A situation where I used this value:

\_\_\_\_\_