



What Do You Value?

Goal: Help students define their own person values.

Lesson Duration (65-80 mins)

Intro (10 mins)

- Breathing Exercise (2 mins)**
(Use potential prompts during breathing exercise to guide their visualization experience.)

- Begin with a Video (3 mins)
<https://www.youtube.com/watch?v=q5nVqeVhgQE>

What are Values?

For today's lesson we are defining values as

The things that you believe are important in the way you live your life and work.

- Group Exercise (10-15mins)

Have students pick one value out of a hat

Each student must keep their value hidden

Students then break off into small groups of 5 with one instructor each.

Instructor helps guide student's conversation

In small circles—Students share the value that they picked 1-by-1.

What does each value mean to you?

Potential prompts:

What does the value you're holding in your hand mean to you?

Why?

Is this an important value?

Do you think this is a value that you practice?

Is this a value you would like to adopt?

Whole-Group Discussion (10 mins)

Group discusses what each students value means to them.

Potential Prompts?

What value did you find most important?

Why are these important?

How can having good values lead to a better life?

What was the most important value to you that someone in your group shared?

Where there any values you think weren't important?

Value Chart (20-30 mins)

Instructors share their value charts
Hand out a list of Values as well as 1 piece of large paper.

Students highlight 5 values that resonate most with them and create their own value charts

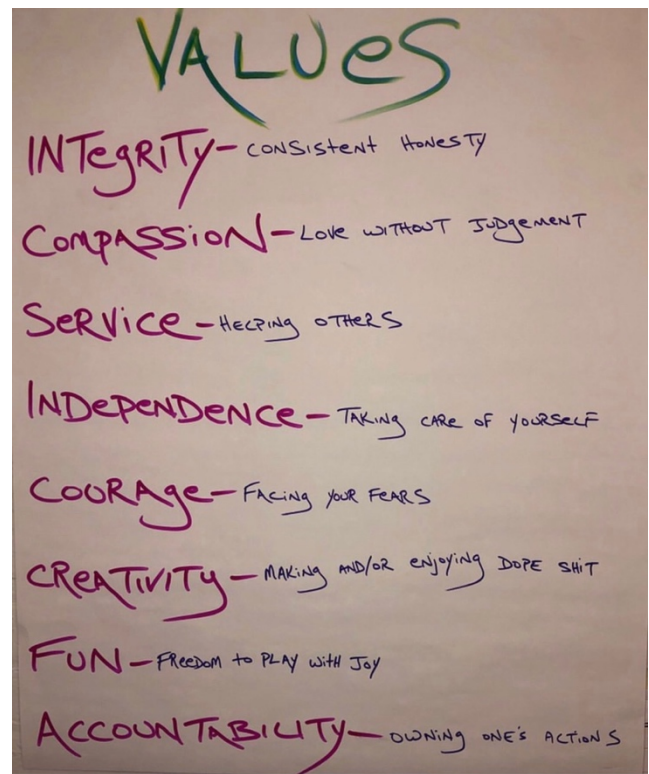
Charts must include:

5 values

Each value must be personal

1 value must include something that each student feels they can improve on/something that will make them a happier human being.

Instructors circulate the room and help students.



Group Share (10-15 min)

5 students share their charts with the class and explain why each value is important to them!

Wrap-Up & Reflection (Optional) -

Name one thing you really enjoyed today.

One thing that could be better?

Name one thing you learned?



List of Core Values

Authenticity
Achievement
Adventure
Authority
Autonomy
Balance
Beauty
Boldness
Compassion
Challenge
Citizenship
Community
Competency
Contribution
Creativity
Curiosity
Determination
Fairness
Faith
Fame
Friendships
Fun
Growth
Happiness
Honesty
Humor
Influence
Inner Harmony
Justice
Kindness
Knowledge
Leadership
Learning
Love
Loyalty
Meaningful Work
Openness
Optimism
Peace
Pleasure
Poise
Popularity
Recognition

Religion
Reputation
Respect
Responsibility
Security
Self-Respect
Service
Spirituality
Stability
Success
Status
Trustworthiness
Wealth
Wisdom