

**Learning Objective:** To recognize personal values and why they are important to an individual; to allow other members of the group to get to know each other

**Skill:** Self-awareness, awareness of differences

Ask the children to define “values.” Listen to their answers and write them on the blackboard or a large sheet of paper.

When everyone has had a turn, tell the group:

*A value is a personal belief or feeling that something is important and worthwhile. It can be something you love to do, a way you choose to live your life, or even an idea. People have their own values; there are no right or wrong ones. Without your even thinking about it, values guide the way you behave and your decisions in life.*

Using Activity Sheet 3, give examples of different values. Ask the children to think about their personal values, and then distribute the activity sheet.

After they have completed the activity sheet, have several children choose one of their most important values and discuss why they feel it is important.

Name \_\_\_\_\_ Date \_\_\_\_\_

From this list, circle three values that are very important to you. You may add your own on the lines at the bottom of the list, but still choose three.



Having good grades



Being creative



Having fun



Being famous



Spending time with my family



Freedom



Having good friends



Helping others



Honesty



Being rich



Being a good athlete



Being popular

\_\_\_\_\_

\_\_\_\_\_

Which value is most important to you? \_\_\_\_\_

\_\_\_\_\_

Why is this value so important to you? \_\_\_\_\_

\_\_\_\_\_

What value do you think your parents would choose as most important?

\_\_\_\_\_

What value do you think your closest friend would choose as most important?

\_\_\_\_\_