

**Theme:** Discover

**Educational Resources:** 7-12

**Activity:** Discovering Values

**Subject:** Any

**Prep Time:** N/A

**Activity Time:** 30 min. - up to one class period

**Activity Description:** The object of this activity is for students to better understand their own values and their classmates. Listed below are common core values, also called personal values, commonly used by leadership institutes and programs. This list is not exhaustive.

**Core Values List**

Authenticity	Achievement	Adventure	Authority	Autonomy
Balance	Beauty	Boldness	Compassion	Challenge
Citizenship	Community	Competency	Contribution	Creativity
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				

**Direct Instruction –**

The Oxford Languages Dictionary defines Values as a person's principles or standards of behavior; one's judgment of what is important in life. Explain to students that they will define their own values and learn more about their classmates' values. Start by explaining that the list of values is not complete but should give students some option to start thinking about. As a class, read each word aloud. Ask them each to write down four to six words that they think best describe their values.

Next, teachers take a few minutes to explain the importance of respecting each other's opinions and values. Students need to feel safe while expressing anything that is personal. Let students know they will listen quietly; they will behave kindly and helpfully. A safe space includes keeping personal stories private but being able to discuss the themes and topics.

**Group Discussion –**

Teachers have their students separate into small groups to discuss their values. Each person in a group will read the words they have selected and explain why they think these words fit them. The other group members listen attentively and offer any positive feedback, such as "Thank you for sharing" "I agree that you are \_\_\_\_" Students then take a few minutes to discuss any values that are common within the group. Why do many people choose that value? How does it feel to share a value with others?

**Individual Activity –**

Students should write a short paper about values. Paragraph 1 will list the values they possess and why they chose those values to describe themselves. Paragraph 2 explains any values they have in common with other students. Students explain why they think common values make people feel good about themselves.

Paragraph 3 is where students give opinions as to why having different values is also needed in a community.

**Outcome Measurement:**

Students should understand their values and why they are important to them. They should also appreciate that other peoples' values are valid even if they don't possess the same ones.

**Sources:**

Oxford Language Dictionary

Brown, Brene' (<https://brenebrown.com/resources/dare-to-lead-list-of-values/>)

**Aligns with Kansas State Standard:**

- Social Emotional Character Development Standards
  - Character Development- Core Principals
  - Personal Development- Self Awareness
  - Social Development- Interpersonal Skills

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**\*\*Disclaimer: The lesson plan above should be adapted to your class- grade level, knowledge base, time restrictions, class make up, etc. Only use what works for your situation.**