

**Theme:** Discover

**Educational Resources:** K-6<sup>th</sup>

**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 define and better understand their own values. 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. Define any words that are unclear to the group. Ask them each to write down four to six words that they think best describe their values.

**Group Discussion –**

Teachers will start by sharing as an example to their students. They will say one value they have and explain why they believe it represents them. Teachers ask students to listen attentively and offer any positive feedback, such as “Thank you for sharing” “I agree that you are \_\_\_\_” Students then have the opportunity to share with the whole group. Take about 5 examples from the whole group. 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 list of the 3-6 values that describe them the most. After each word they should write their own definition and why they think it applies to them.

Teachers will review each list (at another time) and offer positive feedback about the students values.

**Outcome Measurement:**

Students were able to define their values in the individual activity and now have a better understanding of who they are and why they want to be.

**Sources:**

SevenDays® Inc.

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.**