

Values



VALUES – *Does my experience of life improve when I clarify my true values?*

Students will learn why it is important to clarify and affirm their values and take time for themselves on a regular basis. Once the students identify their values, they will then reflect on why these values are important and come up with positive affirmation statements and supporting action for each.

Activities:

- Simply go for a walk with your students, you can utilize your school ground and near by forested area, or walk around the school urban neighbourhood.
- After the walk, have a discussion about what they enjoyed about the walk. It might be conversations they had with their friends, maybe some birds they heard, maybe the warm sun or cool rain.
- Ask students what they might value in their day to day lives. *Think, pair, share.*
- Have students complete one or more of the values quizzes found in part one of this booklet.
- Have students reflect in their journal on what values were revealed in the quiz to what they personally think their values are.