

FAMILY

LOVE

COMPASSION

WHAT DO I VALUE? WHAT DO YOU VALUE?

NATURE

LOYALTY

HONESTY

ANIMALS



WHAT DO I VALUE? WHAT DO YOU VALUE?

TIME

10 - 15 minutes

SEL COMPETENCY

Self-Awareness

PURPOSE

To have everyone articulate
what is important to them and
learn what is important to others

ACTIVITY: Everyone will need paper and a pencil for this activity.

- Start by defining the word **values** with your family. Ask what the word means to each person, and to you as a family.
- If some help is needed, explain: **A value is what a person finds important in life (but is not an object). Examples are: family, love, compassion, nature, loyalty, honesty, or animals.**
- Create a list of your families values.
- Then, ask each member of your family to really think about what is most important to them. Give each person time to create their own list of their five most important personal values, in no particular order.
- Once they have a list of five, ask them to: **Put boxes around the three that are the most important.** Give participants plenty of time to think through these decisions but urge them to choose what naturally comes to their minds.
- Finally, ask participants: **Put a star next to the one value on your list that you think is most important** (it should be one of the three values in a box). Go around the circle and give everyone time to share the value that is most important to them, and why.

Reflection: How do you think this value has shaped you as a person? How hard/easy was it for you to get to your number one answer? Why do you think everyone doesn't have the same values? How can we get along when we have values that are different from other people? Are there any that you think almost all people share?