

## Grade 9

### I. Personal/Social

#### B. Developing Positive Attitudes: Describe and prioritize their values

Activity One: Adapted from Life Skills Workbook: A Guide to Personal Growth

### What Are Your Values?

#### Objective

To help students identify their values.

#### Materials

Activity sheet "What's Important To Me"

Time Needed 30 minutes

#### Introduction

Values are the things that have meaning or significance to use. They are the things that we feel have worth or are desirable and important. They are what we believe in, what we feel good about. Values give us direction in our lives and help us make choices.

Values are formed by our relationships and experiences with the world around us. For example, our family, friends, community, culture, spiritual or religious background all contribute to forming our values.

Values influence the way we think about things and the way we respond to people, situations, and events. They influence our attitudes and choices about things like work, school, relationships, culture, money, war and peace, rules and authority, politics, and religion.

Values guide you in decisions you make. Choices about occupations should be based on values and abilities. The more you know about what you believe in, the better able you will be to make sound decisions.

#### Activity

1. Values are an important part of your personality and identify who you are. Being aware of your values will teach you more about yourself and how you think about things. Always try to match your long and short term goals with your values. You are more likely to be happy with the choices you make.
2. Values can change over time. As you get older and have new experiences, other things will become important to you. You can change your values as these new experiences change you. This is part of your personal growth. Some values will stay the same as you take on new ones.

3. Sometimes our values are unclear to us. Identifying them will help guide important decisions. The activity today will help you recognize and prioritize your values.
4. On the following page is a checklist of values. It is designed to determine which things are important to you. Answer honestly those things you value on the scale according to how much you value them.
5. Then list in order of importance (prioritize) your values on the charts at the end.
6. In class discussion, recognize the diversity of values within the group. Help students acknowledge, accept, and appreciate their diversity.

## WHAT'S IMPORTANT TO ME

The following items are only some examples of values. For each one, place a check in the column that indicates how much you value that item: (1) very much, (2) somewhat, (3) not much, (4) not at all. After you have completed the list, go back and look over your responses. On the sheet following this exercise, list those things you value most and those that you value least.

	Very Much	Somewhat	Not Much	Not At All
My child				
My family				
World peace				
Being loved				
Education				
Physical exercise				
Equality				
People				
Having a positive attitude				
Relationships				
Community volunteer work				
A high school diploma				
Religion/spirituality				
Independence				
Helping others				
Learning				
Power				
Nature				
Money				
Honesty				
Good grades				
Setting goals				
Deciding my future				
Fairness				
Dependability				
Peace				
Ethnic heritage				
Obedience				
Material possessions				
Generosity				
Respect				
Adventure				
Friendship				
Equality for all people				
Goals				
Justice				

Security				
Work				
Social lifestyle				
Good health				
Being helpful to others				
Determination				
Assertiveness				
Cooperation				
Emotions				
Curiosity				
Ambition				
Art				
Intelligence				
Travel				

### SUMMARIZE YOUR VALUES

In the space below, write in the things you checked on the previous checklist that you value very much, somewhat, and not at all. List them in their order of importance.

#### Things I value very much


#### Things I value somewhat


#### Things I do not value at all
