

Students in Action – Lesson Plan

You and Your Values – Lesson Plan

Here is the lesson plan for this month's advisory activity. Please read over the lesson plan ahead of time.

Introduction:

This month we are going to look at what you value. Sometimes it is hard to define what you value as an individual, but if you look at what you spend most of your time on, you can see what is important to you, your family, and community. It's not always easy to be ourselves. Sometimes, when we're with other people, we make choices or act in ways that are different from when we're alone. Here are some ways to prevent that from happening. **Know your values and stay true to them. Make your own choices, don't just go along with the crowd. Respect yourself. Think about your goals and act accordingly.** Your values are your personal inventory of what you consider most important in life. We all have values, but unless we take the time to think about those values, we can easily overlook them when we're making important choices. Here are some guidelines for identifying what you value.

Discussion – Try to think about what you spend most of your time doing on a regular basis. Are you typically in sports practice, playing Farmville, spending time with your friends or family. Stop for one minute, and think, "What is it that I spend all my time doing?" Write this down on a piece of paper. (Have students write priority down on paper. Ask the following questions.)

- Is this something that's important to you?
- Do you feel good about this being important to you?
- Would you feel good if people you respect knew that this was important to you?
- Have you ever done anything that indicates that this is important to you?
- Is this something you would stand by even if others made fun of you for it?
- Does this fit in with your vision of who you are?
- Should this be your top priority or value?

Activity:

Break the class into small groups. Have each group make a list of values to live by (no more than ten) in order of importance. Then, have a spokesperson from each group present the list to the class along with any needed commentary. Put all the lists up on the wall. What values did all groups share? Were there any serious differences between the groups? Discuss the differences and see if it's possible to develop a list that everyone will buy into.

Conclusion:

Values are important to everyone. Values are what make you unique and depending on what you value and spend most of your time will determine the direction you head in life. Someone who spends all their time practicing for a skill, will develop a strong ability to perform. An individual who values time with their family will make time with their family over their job. Take time this month to think about what you are spending all your time on, and think is this where you want to place your values?