values A STORY

Once upon a time there was a woman named Abigail who was in love with a man named Gregory. Gregory lived on the shore of a river. Abigail lived on the opposite shore of the river. The river that separated the two lovers was teeming with man-eating crocodiles. Abigail wanted to cross the river to be with Gregory. Unfortunately, the bridge had been washed away by a heavy storm the previous evening.

So she went to ask Sinbad, a riverboat captain, to take her across. He said he would be glad to if she would consent to go kiss him before he takes her across. She promptly refused and went to a friend named Ivan to explain her plight. Ivan did not want to be involved at all in the situation. Abigail felt her only alternative was to accept Sinbad's terms. Sinbad fulfilled his promise to Abigail and delivered her into the arms of Gregory.

When she told Gregory about her amorous escapade in order to cross the river, Gregory casted her aside with disdain. Heartsick and dejected, Abigail turned to Slug with her tale of woe. Slug, feeling compassion for Abigail, sought out Gregory and beat him brutally. Abigail was happy to see Gregory getting his due. As the sun sets on the horizon, we hear Abigail laughing at Gregory.

WHO DO YOU THINK IS MOST AT FAULT OR IN THE WRONG HERE?

List out each character from the worst offender, in your opinion, to the person who is least offensive to you. Once again, there is no right or wrong answer, but the answers you come up with, and why you chose them will give you an indication of your values.

1 (worst)	
2	
3	
4	
5	

your VALUES

SOME VALUES TO CONSIDER:

Knowledge

Love

Peace

Beauty

Loyalty

Success

Compassion

Freedom

Independence

Community

Playfulness

Fun

Purpose

Family

Kindness

Balance

Security

Fairness

Responsibility

Health

Honesty

Creativity

Spirituality

Adventure

your VALUES

YOUR TOP 5 VALUES + WHY

WHAT HAVE YOU LEARNED ABOUT YOURSELF BY DOING THIS ACTIVITY?

HOW CAN YOU USE YOUR VALUES MORE IN EVERYDAY LIFE?

LESSON PLAN

TITLE: Values

INTENTIONS:

- Students will discuss and develop skills in understanding their values
- Students are able to assess what is important to them.
- Students will develop skills in using their values to be their true self
- Students will develop deeper connections with themselves and understand that others around them may have different values

PRIOR READING/KNOWLEDGE:

- Go through the values story and worksheet prior to the class and print or download what you will need for your class.

LESSON CHECKLIST:

- Whatever you need to style the room (have some fun with this!)

Materials Needed:

- Worksheet and pens
- Speaker (if you want to play music at the start of class)
- Conversation Starter Cards if you want to use them at the start of the session (get some here).

Resources needed or to be printed/copied:

- Values story and worksheet

LESSON PLAN

TITLE: Values

WELCOME: 5 MINS

- Welcome them in
- Introduce yourself to the class and share your intention as a teacher for the course.
- Touch on what you'll be covering in this session or the whole course. Any questions?
- Housekeeping - anything you need to cover such as where bathrooms are, timing each week of course, etc.
- Come up with group guidelines/rules together
- Ask students to get themselves a notebook just for this course- their special journal that they can use personally and add notes to during our sessions.

ICE BREAKER ACTIVITY: 5 MINS

2 Truths and a Lie

Breaking students up into pairs and they both have to share 2 truths and 1 lie about themselves. The other student then has to guess what the lie is.

They can then come back to the group and share what they have learned about each other.

This is a great lesson in listening to others as well as hearing what is important to their partner and what their interests are.

If you have a small group you could go around the group and do this one at a time where the whole group tries to guess what the lie is.

SHINE FROM Within®

LESSON PLAN

TITLE: Values

LESSON BODY:

25 MINS

Example script:
"Let's talk about what values are, and what values are important to YOU! Values are the backbone of who you are. They are what's most important to you. They are the thoughts, experiences, or ways of living that we really believe in, cherish and try to live by.

Do you think your values influence the things you choose to do in your life, your decisions or choices? Absolutely! They often guide our everyday decisions in life, even when we don't realise them. And when we don't live in alignment with our values, we can end up feeling unsatisfied. When we're around people who have very different values from us, we can feel lonely. So it's important to get clear on our values! There are no right or wrong values, so try not to think of this in terms of what you think you 'should' value.

Another way to think about it is to think of what you don't believe in, like racism, cruelty to animals, etc, and work backward. The things that really upset you in the world will be closely linked to your values (like equality and compassion).

Hand out the Your Values story and worksheet.

Let's read this scandalous story to see how values can show up in life."

<u>You may need to read it out a couple of times or you can print enough of them out to each have a copy.</u>

Ask students to list out whom they think is most at fault to least at fault and why (keeping it to themselves to start with). Then go around and ask everyone who was at the top of their list and why. It's a great way to highlight how our values influence our decisions - e.g. if someone thinks that Ivan is the worst offender then it could be because loyalty is an important value to them. Do it together and see what discussion emerges!