Worksheet – Activity 1 – Understanding myself

Step 2: What are my values?

Name:_____ Date:_____

Instructions:

1. First think about the roots of the tree, **what influences your values**?

    Write/draw examples by the roots in the picture below.

2. Then think about the branches on your tree, **what are your values**?

    Write/Draw examples of your values by the leave of the tree.

3. Now think about the leaves on your tree, **what are examples of your values**?

    Write/Draw examples for each part of the tree below.

4. You can **create your values tree in the language that you prefer to use**.

My values tree

3. Leaves
What are examples of my values in action?

Example: "When I offer help to someone in my class who has missed out on a class" (Kindness)
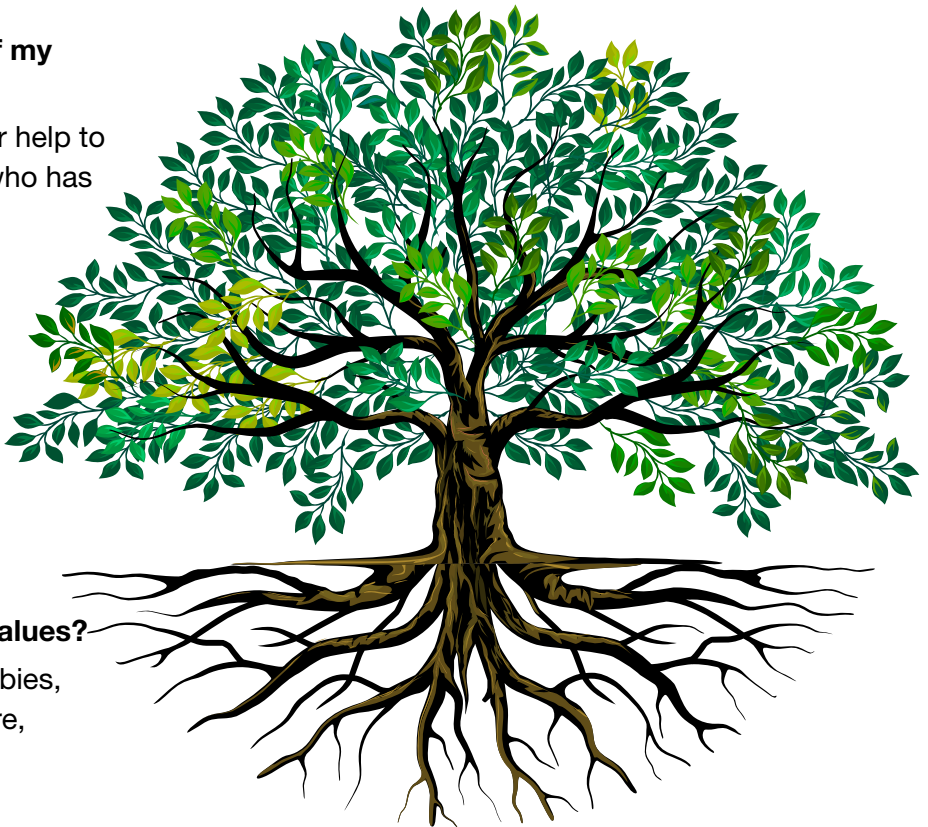
2. Branches
What are my values?
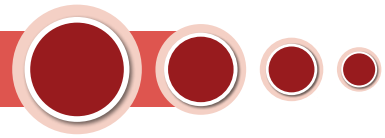
Example: Kindness

1. Roots
What influences my values?

Example: School, Hobbies, Religion, Family, Culture, Friends

Start here

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Step 3: Acting on our values

Instructions:

1. Your teacher will ask you to read and discuss **one** of the scenarios below. Consider the following questions, and discuss with your group:

   - What is a value that might be relevant to this situation? Choose one.
   - What would make it difficult/easier for someone to stay true to this value in the situation and why?
   - What action/s would be in line with the value?

2. Write / Draw your group's thoughts in the spaces below for each question.

Situation theme	What value might be relevant?	Scenario
Bullying		You see a student bullying another student in the corridor.
Homophobia		You are on a bus on your way to a football match. You hear one of your teammates make a homophobic comment about a player on the other team.
Relationships		A friend tells you something that they want you to keep secret, but it makes you worried about their safety.
Gossip		A classmate wants to share gossip about another student to you.
Peer Pressure		Someone wants you to send a picture of yourself that you are not comfortable sending.

What would make it difficult for someone to stay true to this value in the situation and why?

What would make it easier for someone to stay true to this value in the situation and why?

What actions would be in line with the value?