

Personal Values: What is important to me?

What are values?

Personal values are what we find important in life. They are personal (e.g. health, knowledge, independence), social (respect, honesty), relationships (friendship, family), and materials (money, toys). Values are like guidance markers for our belief system. They tell us what is important and in the order of priority.

Ultimately, values impact how we make decisions, think and act. Values will evolve and change over time.

Whether you are a parent or professional, it is important to be mindful and nonjudgmental for the child to be honest and engaged in the activity. If any concerning content arises, it can be marked for further discussion at the end of the activity.

Step 1: Introduce

Introduce the activity by discussing the purpose. The purpose is for children to understand what is important to them. And to help others (facilitator/peers) to understand them better.

Step 2: First page

Have the child go through each item and rate how important it is to them. Each item includes three blank circles. Marking or filling the circles will indicate how important the values are. If "Very Important", mark three circles, if "Important", mark two circles, if "A Little Important", mark one circle, and if "Not Important", leave blank. This is where the child is able to actively reflect on their values. Provide any clarification to unfamiliar terms and ask follow up questions to support their process.

Step 3: Second page

Page two of the worksheet are discussion questions for further reflection of their values. This page is optional depending on how relevant it will be for the child's process. Included questions are:

- A. Of all the values you marked as "Very Important", what are the top three most important to you and why?
- B. Of all the values you marked as "A Little Important" and "Not Important", what are the top two least important to you and why?
- C. Which values do you think your parents will choose as very important to them?
- D. Which values do you think your close friend will choose as very important to them?

Step 4: Conclude or provide follow up discussion

As the child may have shared a lot, it is important to debrief and acknowledge the child for completing the activity. Ask about their experience of the activity, whether if they learned anything or found it helpful to reflect on themselves. They may have also shared important information that can lead to further follow up discussion. For example, if they shared a recent difficult experience with trust and it impacted how they value friendships, it can be a topic to further explore. And finally, the discovered values should be retained and revisited. The knowledge gained should not be a

Adapted from Play Attune (<https://www.playattune.com>)

21 Personal Values

The first page of the worksheet contains 21 items that each correspond to a personal value. Although many more values exist, the 21 values were carefully selected based on how common and relatable they are for children ages 6 to 12 year olds.

The following values are on the worksheet:

<u>Item</u>	<u>Value</u>
Having good grades	Academics
Being good in sports	Physical activity
Having fun	Pleasurable activity
Being popular or famous	Social status
Have a lot of money	Money
Have material goods	Material satisfaction
My religion	Religion
Being clean and organized	Organization
Being careful and safe	Personal safety
Being creative	Creativity
Learning new skills & information	Knowledge
To keep trying and not give up	Perseverance
Able to do things on my own	Independence
Being responsible for my actions	Integrity
Spending time with my family	Family
Having good friends	Friendships
Being honest	Honesty
Helping others	Compassion
Being respectful and fair	Respect for others
Being thankful	Gratitude
Being able to forgive others	Forgiveness

This worksheet is to help you understand what is important to you. For each item, fill or mark the circles on how important they are. Be honest and take your time!

Very important= ●●● Important= ●● A little important= ● Not important= (leave blank)



Having good grades



Being good in sports



Having fun



Being popular or famous



Have a lot of money



Have material goods



My religion



Being clean and organized



Being careful and safe



Being creative



Learning new skills & information



To keep trying and not give up



Able to do things on my own



Being responsible for my actions



Spending time with family



Having good friends



Being honest



Helping others



Being respectful & fair



Being thankful



Being able to forgive others

Here are a few more questions to think deeper about your values!

Of all the values you marked as “Very Important”, what are the top three most important to you?

1.) _____

Why is this value important to you?

2.) _____

Why is this value important to you?

3.) _____

Why is this value important to you?

Of all the values you marked as “A Little Important” and “Not Important”, which two are the *least* important to you?

1.) _____

Why is this value important to you?

2.) _____

Why is this value important to you?

Which values do you think your parents will choose as very important to them?

Which values do you think your best friend will choose as very important to them?