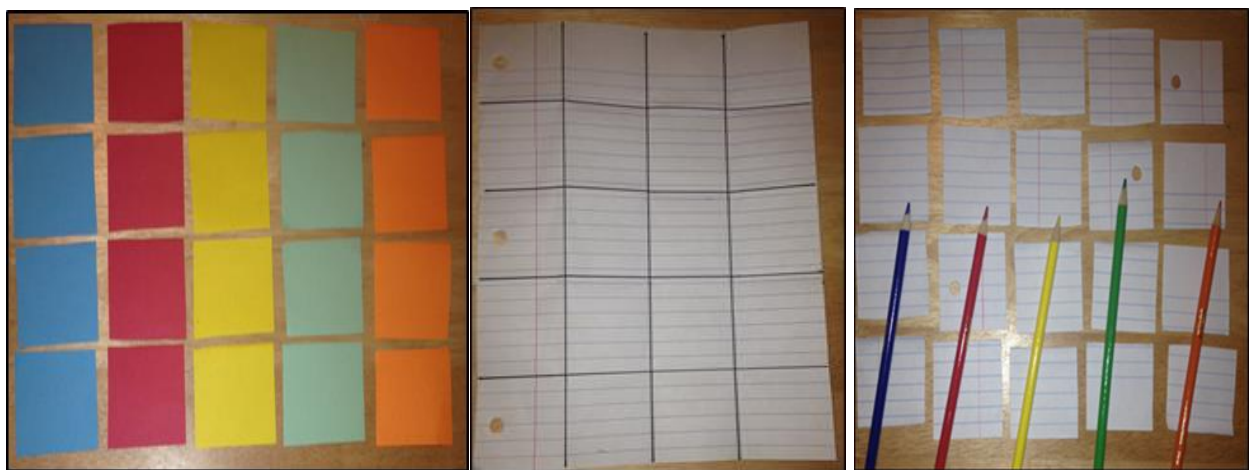


Teacher Resource – Exploring Your Values and Priorities

Before proceeding with this activity, review the definition of values and priorities. You may opt to share your own personal values/priorities as a teacher or as an individual. Let the students know that this is a personal activity and to keep the talking to a minimum. They are to reflect personally on their values and priorities and what is important to them. Use this handout to guide the students through the activity.

For this activity, each student will need four 2 x 2 inch squares in five different colors, for a total of 20 squares. If you do not have colored paper, you may use notebook paper as shown on the handout below. Instruct the students to fold and cut their paper. Each student should have a total of 20 pieces of paper. If the students are not using colored paper, distribute crayons, markers or colored pencils to differentiate. Each student will need a blue, red, yellow, green and orange writing tool.



Script:

Blue paper/blue writing tool	Think about four material objects/personal belongings that you value the most. Write one answer per piece of paper for each object or personal belonging.
Red paper/red writing tool	Write down the four people that are the most influential/significant in your life. They can be family members, friends, co-workers and so forth. Only include one person per piece of paper. Do not write “parents” or “friends” on your paper.
Yellow paper/yellow writing tool	Think about four very special memories and write one memory per piece of paper. The memory can be good or unpleasant, it should be a memory from which you have learned a valuable lesson.
Green paper/green writing tool	Think about four long-term goals that you would like to achieve in the future. Write the long-term goals, one per piece of paper.

Teacher Resource – Exploring Your Values and Priorities

Orange paper/orange writing tool	Think about four places (your home, favorite vacation spot, religious place) that have special meaning. The places must be physical locations. Include one location per piece of paper.
----------------------------------	---

(Script continued)

Arrange all the pieces of paper by color on your desk/table. Make sure all the writing is face up.

Now that you have thought of and written down your twenty values/priorities, remove five. Removing the five, signifies they never existed. You never met the person, never owned the material/personal item or never had the memory.

Now remove five more values/priorities. Teacher note: You will notice by now, they are probably having a difficult time removing their values/priorities.

Now remove four more values/priorities.

Remove three more values/priorities.

You should only have three papers remaining. These three items, represent the values/priorities which most impact who you are on a day-to-day basis.

Teacher note: After this activity distribute the handout “Questions - Exploring Your Values and Priorities”. Students should answer the questions on the handout.

Allow time for questions and further discussion.

Adapted from: Assistant Online Programs Coordinator at Kansas State University. Get Real Melanie O’Laughlin