My core values

Defining our core values can help us understand our identity, inform our approach to decision making and provide clarity on our goals and intentions.

When we understand our values, we understand what is important to us. When we are living in line with our values we often feel a greater sense of fulfilment, authenticity, and purpose. It helps us stay true to ourselves, build meaningful relationships, and navigate challenges with confidence.

Below is a collection of common values. Check out the following pages for some activities you can do with your students using the grid below.

Honesty	**Connection**	**Trust**
Kindness	**Fun**	**Curiosity**
Happiness	**Respect**	**Creativity**
Courage	**Fairness**	**Resilience**
Independence	**Generosity**	**Perseverance**
Friendship	**Learning**	**Health**
Family	**Nature**	**Spirituality**

Values in the classroom

Activity 1: Values ranking challenge

Objective: Help students prioritise their most important values.

How to play:

1. Give students a copy of the values grid (see blank page at the end)
2. Ask them to narrow it down to their top 5 values by eliminating others 1 by 1.
3. Have them pair up and discuss their choices – what was hard to let go of and why?
4. Debrief with a class discussion about how values shape their choices and future aspirations.

Activity 2: Values spectrum

Objective: Encourage students to reflect on how important different values are to them and create awareness of others perspectives.

How to play:

1. Set up the spectrum: Explain that 1 side of the room represents “Very Important”, the opposite side is “Not Important”, and anywhere in between represents varying levels of importance.
2. Introduce values: Read out 1 value at a time, and ask students move to a position on the spectrum that represents how important that value is to them personally.
3. Discussion & justification:
    - Ask students from different spots to explain their reasoning for their position.
    - Encourage students to listen and reflect on differing perspectives.
    - Optionally, allow students to move positions if they change their minds after hearing others’ viewpoints.
4. Repeat with new values: Continue for as many values as time allows.

Values in the classroom

Activity 3: The values collage
Objective: Encourage creative self-expression and personal reflection.

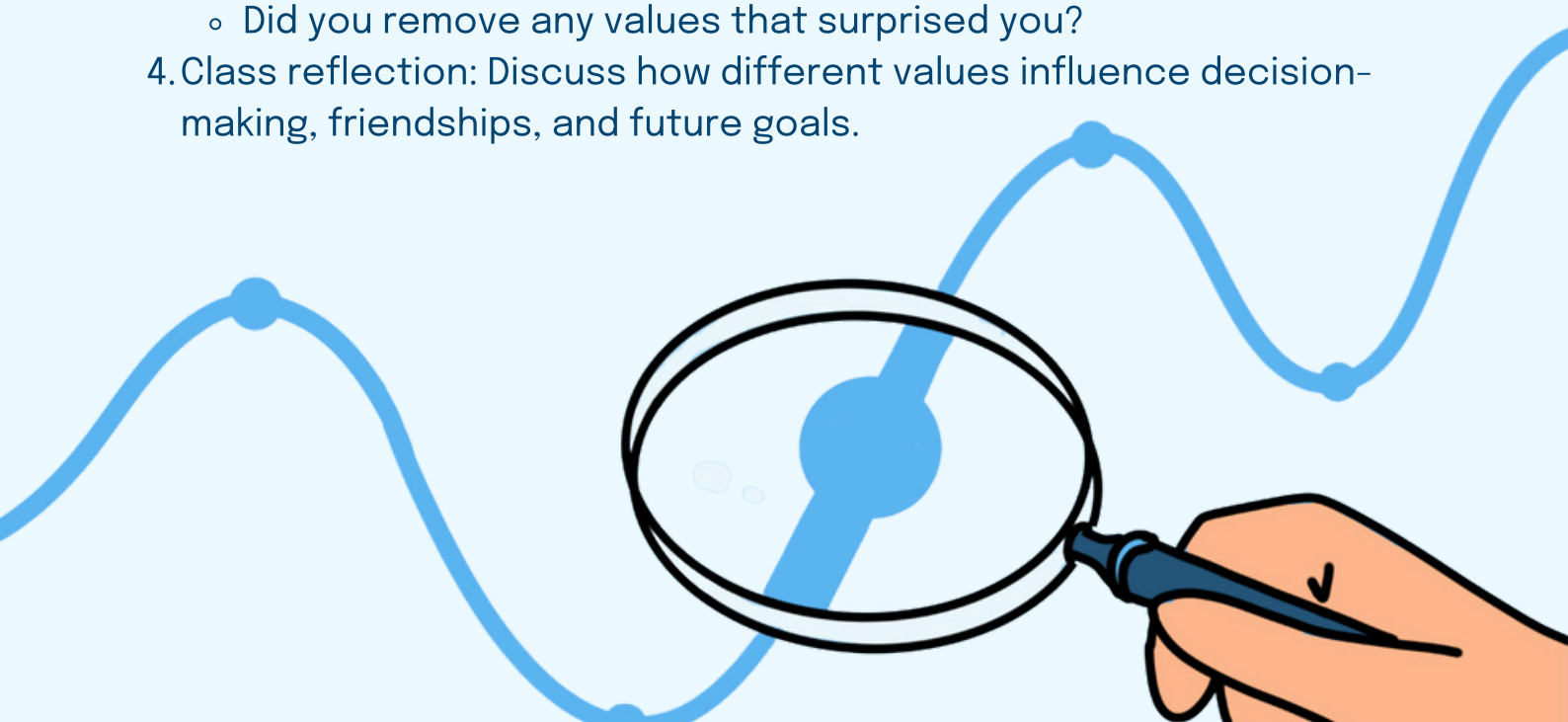
How to play:

1. Have students create a collage (physical or digital) using images, words, and quotes that represent their values.
2. Ask them to write a short explanation of how their collage reflects who they are.
3. Students can present their collages to small groups or the whole class to foster discussion.

Activity 4: Values sort
Objective: Help students reflect on their personal values by prioritising and discussing what matters most to them.

How to Play:

1. Distribute the value cards (each student or small group gets a full set of values cut up from the values grid).
2. Sorting round 1: Ask students to go through all the values and place them into the 3 categories. Most Important Values, Somewhat Important Values, Least Important Values
3. Pair/group discussion:
    - Why did you choose these values as most important?
    - Were there any tough decisions?
    - Did you remove any values that surprised you?
4. Class reflection: Discuss how different values influence decision-making, friendships, and future goals.



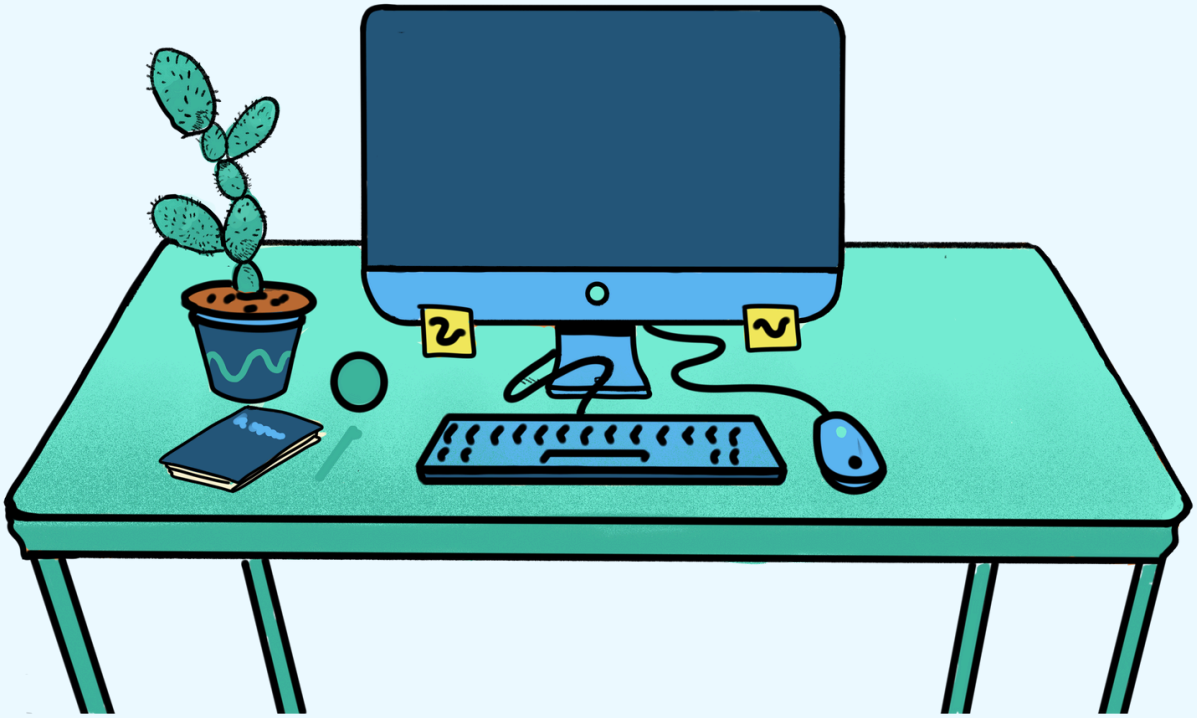
Values in the classroom

Activity 5: My values in action worksheet
Objective: Prompt students to reflect on what engaging with their values looks like in their daily life.

How to play:

1. Provide students with a copy of the questions or worksheet below and allow them some time to write down answers.
2. In small groups or as a class open the floor for discussion about how they felt answering the questions, if they found any of them easy or hard.

Note on selection of values: The values grid contains a selection of common values however, if a student would like to discuss a value of their choosing this is encouraged as long as it is appropriate.



komodo

My values in action

Choose 1 value and write an answer for each of the questions in the box.

Value: _____

How can I show this value to myself?

How can I show this value to others e.g. my friends?

How can I show this value to my family / at home?

How can I show this value at school?

How can I show this value in public/everyday life?

How can others show this value to me?

Values grid

Honesty	Connection	Trust
Kindness	Fun	Curiosity
Happiness	Respect	Creativity
Courage	Fairness	Resilience
Independence	Generosity	Perseverance
Friendship	Learning	Health
Family	Nature	Spirituality