



Understanding Values

It is important to understand what we value in the way we work. There are two types of values.

The first are the conditions that you find valuable.

•For example, working on your own or with others, or working indoors versus outdoors.

The second is what makes you feel valued.

•For example, you might value getting praise or rewards for completing a project, or maybe you value knowing that you are helping people.

Use the resources below to assist you as your students work to build their knowledge and understanding of their own and each other's values.

Resources

[Values Age 4 and Up Activity](#)

[Values Age 7 and Up Activity](#)

[Values Age 9 and Up Activity](#)