

Values Activity for Kids

Think about something your child engages in for example, family life, school, sport, holidays, an upcoming event eg, starting a new school, going into a new class, trying something new, staying at a friend/family member's house etc.

To get them to think more deeply about themselves and their presence, discuss the following with your child.

What matters to them? What's important? What helps guide how they want to be as a person?

Choose an area of life (see examples below). From the values list, choose 3 most important ones. Ensure your child understands the meaning of each value, provide examples if required.

I want to display the value of / I'm going to be (insert value) *when I'm at school.*
when I'm with my family.
as a friend.
in the classroom.
when I'm playing sport.
when I'm on holidays.
when I go somewhere new.
when I try something new.

Once your child has chosen their values, discuss ways that they can display these values?
What can they do?

Eg, *When I'm staying at my nana's house, I'm going to be **helpful and loving**.*

- I can put my dishes away after use
- I can pack up my toys
- I can give my nana lots of cuddles
- I can ask if there's anything I can do to help her
- I can hold her hand when we go for a walk
- I can make her a cup of tea!
- I can draw her a picture

*When I start my new school, I'm going to be **courageous and kind**.*

- I can smile and say hello to people in my class, even if I don't know them yet.
- If a student asks to borrow my glue, I can lend it.
- I can comfort someone if they are feeling sad, worried etc.
- I can ask questions to learn more about someone.
- I can take some deep breathes when I'm feeling worried.
- I can wear my special wrist band that helps me feel safe when I'm feeling scared.
- I can try something new and keep trying when it doesn't work.
- I can say to myself 'I am brave' as I walk to school and do my favourite power pose.



KINDNESS

CURIOSITY

HONESTY

HEALTH

RESPECT

HELPFUL

PATIENCE

THOUGHTFULNESS

LOVE

CREATIVITY

COURAGE

ASSERTIVENESS

CARING

FUN

PERSISTENCE

ADVENTUROUS

COOPERATION

GRATITUDE

RESPONSIBILITY

Now it's time to live your values! It can be helpful to display your values somewhere that you can see them daily as a reminder.

A fun activity to reinforce living your values is a values jar. When you reflect on your child's day and the values they displayed, they can place a bead, pom pom, rock etc, in the jar and watch it grow!



Older children may like to like to reflect on their values through writing in a journal.