



# VALUES LIST

## What are values?

Values are things that are very important in your life; they excite you 😊, motivate you 🏆 and make you feel happy 😄. Just as you might like certain clothes more than others, some values will be more important to you than others.

## Choosing your top values:

1. Read the list of values below
2. Tick 5 values you really love
3. Look at your 5 favorite values, circle the 3 values you love the most
4. You've found your top values, well done! Make a visual of your top 3 personal values to share with your class.

<b>Kindness</b> (I love being kind to people) 	<b>Peace</b> (I like when it is calm and quiet) 	<b>Focus</b> (I set my mind to achieve tasks) 	<b>Adventure</b> (I love exploring new things) 
<b>Creating</b> (I enjoy creating pictures, songs, dances, crafts, buildings, movies, clothes) 	<b>Respect</b> (Being respected is important to me) 	<b>Love</b> (I like to give hugs, high-fives and make others feel special) 	<b>Family</b> (My family is important to me) 
<b>Success</b> (I like achieving things) 	<b>Helping Others</b> (Helping people is important to me) 	<b>Health</b> (I like to eat well and play sport) 	<b>Happiness</b> (I like smiling and making others smile) 
<b>Friends</b> (Friends are important to me) 	<b>Fun</b> (I like to have fun in my day) 	<b>Beauty</b> (I like making things beautiful) 	<b>Faith</b> (I value my religion) 
<b>Leading People</b> (I like to help people know what to do) 	<b>Fairness</b> (It is important that things are fair) 	<b>Learning</b> (I love to learn about new things) 	<b>Winning</b> (I like to win) 
<b>Choice</b> (Having choice is important to me) 	<b>Courage</b> (I like to be brave and speak up/do hard things that are important to me) 	<b>Giving</b> (I love sharing and giving to people) 	<b>Patience</b> (Kindly waiting is important to me) 
<b>Honesty</b> (Speaking the truth is very important) 	<b>Gratitude</b> (I like to say thank you) 	<b>Organized</b> (I love to have a special place for all my things) 	<b>Joy</b> (Laughing and enjoying my day is important to me) 