

Personal Values

**L.O.: To explore
and reflect on
your own
beliefs and
values.**



What are our values?

Personal Values

Value — what something is worth (often referred to objects e.g. laptop, phone, Xbox 360, car etc.)

Personal Value(s) — a judgement about what is important in life, (often referred to qualities that guide us in life e.g. honesty, friendship, kindness, loyalty etc.)

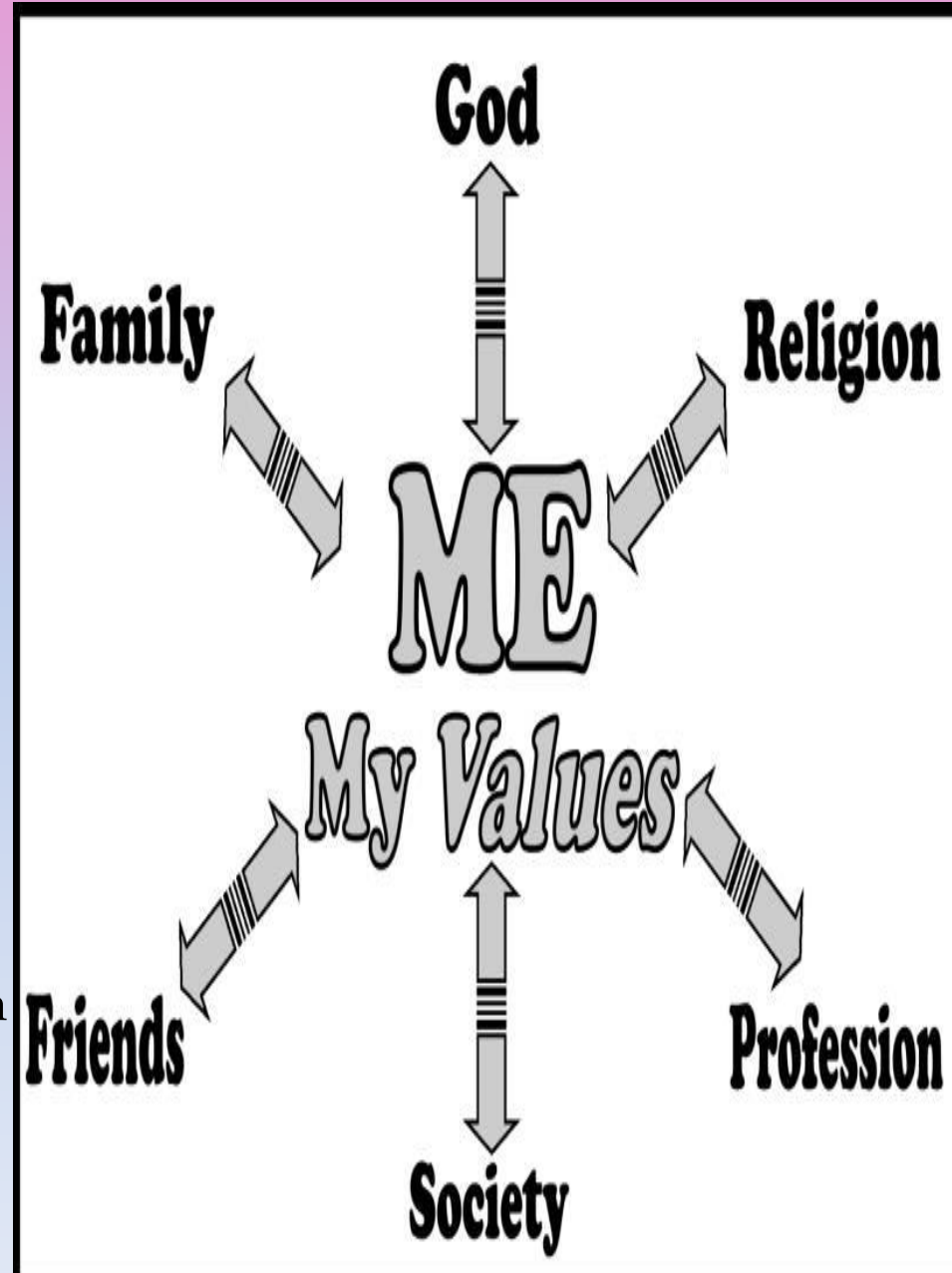


LOYALTY
At your side Since: Forever

Values are things we attach importance to in life, things that are good, beneficial, important, useful, beautiful, desirable, appropriate etc. Our values help to guide how we live.

Often we value people like our family, guardians and friends, sometimes we value material objects like the latest technology, designer clothes and cars. We can also value personal qualities like altruism (selfless concern for others), wisdom and compassion. Often we value people, objects and qualities in our search for happiness.

Personal Values



Task

Happiness for me is about valuing...

Most important	Important	Not Important

Good looks

Thinking of others

Religious beliefs

Being popular

Family

Being rich

Friendship

Honesty

Designer clothes

Love

Latest gadget

Being famous

Education

Health and wellbeing

Going on holiday abroad

Task Onur

Happiness for me is about valuing...

Most important = най-важно naï-vazhno	Important = важно vazhno	Not Important = маловажно malovazhno

Religious beliefs = **религия**

religiya

Family = **семейство**

semeïstvo

Friendship = **приятелство**

priyatelstvo

Designer clothes = **джаджа**

dzhadzha

Latest gadget = **джаджа**

dzhadzha

Education = **образование**

obrazovanie

Going on holiday abroad = **отивам на почивка**

otivam na pochivka

Being popular = **като е популярен** kato e populyaren

Being rich = **да бъдеш богат** da bŭdesh bogat

Honesty = **честност** chestnost

Love = **обичам** obicham

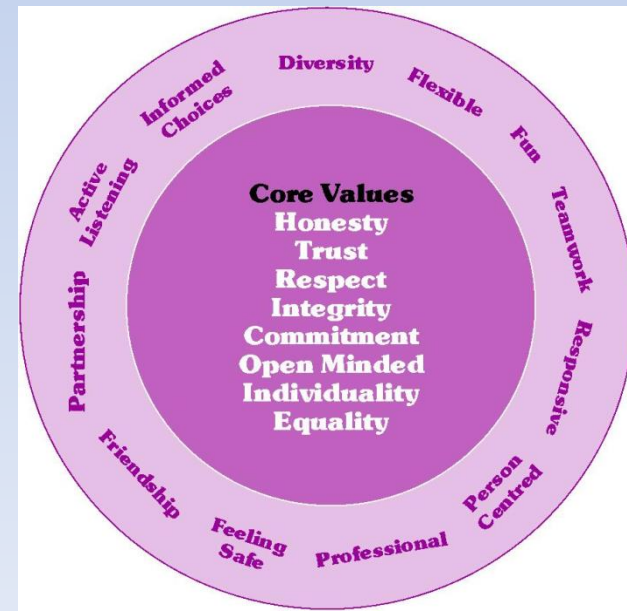
Being famous = **да бъде известен** da bŭde izvesten

Health and wellbeing = **здраве и благополучие** zdrave i blagopoluchie

Positive and Negative Values

Positive Values	Negative Values
Honesty	Dishonesty
Equality	Inequality
Responsibility	Irresponsibility
Friendliness	Hatred
Compassion	Cruelty

Task: Create your own poster showing your own positive and negative values.



Personal Values and Behaviour

Our values influence or motivate our behaviour. For example, someone who valued honesty would try his or her best to be honest in any situation. Our values can change over time as our experiences in life develop.





Activity

Read the following statements and decide what value(s) they show:

1. I always put others before myself.
2. I love England and show this by flying the English flag.
3. I enjoy hanging out with my friends and always stand by them.
4. When I do not like someone I let them know it.
5. I wear black and look solemn at a funeral.
6. I work best with other people in a group.
7. I go to the gym three times a week
8. I only like people who are the same as me.
9. Stealing is ok as long as you don't get caught.
10. I talk to everyone and accept people who are different to me.

Putting People in Boxes

You don't know much about me
To you I'm a name on the register
A presence in the classroom
A shape around the school.

When we do sums
The numbers scuttle round my head like crazy crabs
And come out sideways
So you put me in a box marked stupid.

When we play games
The ball leaps from my hopeful fingers like a frog
It stays in anybody's hands but mine
So you've put me in a box marked stupid.

And when we talk
I cannot tame my tongue
It gabbles things out that I never meant
So you've put me in a box marked cheeky.

I wish you would try to know me
You'd find that I do not fit into your boxes
But their lids are too tight shut
For you to ever open them
I've got you in a box marked careless.

PEOPLE DON'T BELONG
IN BOXES YET WE
PUT THEM THERE. BUT
WE CAN OPEN UP BOXES TODAY

TALL. FAT. SMART
SLOW. STUPID. BAD
WIGS. DRESS
IMMIGRANT. THIN
BLACK. WHITE
BLONDE. AFRO. SHY
LATE. UNPRETTY

OKILIGENES.COM



Putting People in Boxes

1. Do you like this poem?
2. What values do you think it encourages?
3. Do you agree with these values? Give reasons why.

Activity

In pairs, discuss how your personal values influence your actions.

Try to think of five examples.

Write the heading 'My Values in Action' and explain how the personal values that you live by influence your actions. For example:

"I value good manners, so I always say please and thank you."

