



Sample Lesson*:
**Understanding Yourself:
Understanding Your Values**
(20 minutes)

KS3 (ages 11-14)

***N.B** The programme lessons are interactive – as this document cannot display the interactive elements of the lessons we have endeavoured to demonstrate them as best as we can



Lesson Objectives:

- To understand your values
- To think about why they are important



Activity 1: Starter

(7 mins)

Group these key values. Put at least 2 in each section

Honesty

Balance

Courtesy

Curiosity

Self-Control

Fairness

Fun

Excellence

Independence

Co-Operation

Very Important to Me

Might be important to me

Not important to me



Activity 2: Discussion in Pairs (5 mins)

- Are these new values?
- Have you always held these values?
- Are they from your family?
- Which do you think will change over time?
- How do you act in line with your values?
- Give an example of where you have demonstrated each of the values you have in your ***“very important”*** column



Activity 3: Share your ideas in class (2 mins)

Your teacher will ask pairs to share some ideas with the rest of the class



Plenary (3 mins)

Share with 2 others

1. Why do you think it is important to have an understanding of your values?
2. Share one thing that you have learnt this lesson



Final Learning Check

(3 mins)

Hands up if your partner was able to answer
question **1 & 2**