**SEL Lesson Plan – Week 5**

**Values**

**Overview:** Values are a resource students can turn to and use in a wide range of situations. Identifying, focusing on, and remembering values has been shown to improve coping skills and positive decision making. Research on values shows that focusing on them increases people’s resilience to stress and improves psychological well-being

**Objectives:**

* Identify core personal values
* Analyze the connection between values and decisions

**Lesson Tip**

Before teaching the lesson, come up with a list of your values, why they’re important to you, and how they help you make good decisions as an example for the class.

**House Challenge:** Students will receive one point for their house for every completed project turned it. I will collect all projects on Tuesday. Students can electronically submit project to [hhknights1@gmail.com](mailto:hhknights1@gmail.com).

**MONDAY – What are Values**

* **Collaborate**
* 1. Who is someone you admire?
* 2. What do you admire about this person?

*Students should share characteristics/values they admire in other people. Will prompts students to start thinking about values.*

* **Video:** “What are Values”? (Second Step Video) mp4 file.
* **Class Discussion:**

*Values are the things that matter to you most They have to do with the kind of person you are or want to be. Everyone has values.*

* What are some of yours?

*Teachers may want to make a list of values students can refer back to throughout the week.*

**TUESDAY- Do Values effect my decisions**

* **Collaborate:**

*Your values* ***influence*** *the decisions you make, even if you aren't thinking about them.*

* Think of something you decided to do today? *(for example, you got up, went to school, and went to class).*
* How did your values influence that decision?
* **Video**: I have included two “What would you do” episodes

<https://www.youtube.com/watch?v=I4uDU8XYzlI> (employer steals from workplace)

<https://www.youtube.com/watch?v=OhdcZC3BLAI> (boy sells fake concert ticket)

*What would YOU do” T.V show, gives us an opportunity to ask ourselves what would we do when put in a situation?*

*It gives us the opportunity to ponder our values and how it can influence our decision when no one is looking.*

*As you watch the video clip think about what YOU would do and what values influence your decision*

* **Class Discussion**:
* What are some values that influenced the customers decision?
* What would you have done in the situation?

**WEDNESDAY: Using values to make decisions**

* **Collaboration:**

*You can also choose to think about your values before making a decision.*

*This can be particularly helpful in difficult situations.*

* How can thinking about your values help you make good decisions?

*If I think about my values, I can make a decision that reflects what’s important to me instead of going along with what other people want.*

* **Activity** :
* As a class, choose one of the three scenarios
* Individually, use your values to decide what you would do
* Discuss as a class
* **Class Discussion**:

*Is it always easy to remember your values when you have to make a quick decision in a difficult situation?*

* Why or why not?
* What can help you remember your values?

**THURSDAY: The Art of Values**

**OUR FIRST SOCIAL AND EMOTIONAL HOUSE CHALLENGE!!!!**

* **Introduction:**

Each of you will choose a value that’s important to you and create a picture, collage, poem, song or video that represents that value.

Don’t tell anyone else the value you’ve chosen.

* **Activity**:

1. Choose a value you find important (shhh.. don’t tell anybody)
2. Draw a picture, create a collage, write a song, poem, video clip, cartoon or any creative project that represents your value
3. All completed projects will receive ONE POINT for their house.
4. All projects must be turned into teacher by Monday morning or submitted to hhknights1@gmail.com

**FRIDAY: The Art of Values**

* **Activity:**

1. Have students get out “The Art of Value” project and share with class
2. Allow students time to work on project if needed
3. If students have a completed project, please collect
4. All projects must have student name, and student house
5. Projects can be turned in electronically to hhknights1@gmail.com

* **Kahoot:** Guess the Value

<https://play.kahoot.it/#/k/73b05865-57b1-4df0-8315-334c31592f25>