

Materials	Paper, markers
Learning Outcome	Practice self-awareness by identifying core values.

Description

Explain to the youth that we all have a set of core values that define how we act, how we treat others, and how we see the world. Values are the things that provide meaning and help us through tough times. Values often guide the behaviour and decisions that we make. A person's values can be influenced by the way they were raised or the people in their lives.

Share with the youth that it is good practice to be able to list and define their core values. Ask the youth to think about 5 core values that guide them. Core values can include: *loyalty, honesty, courage, perseverance, compassion, and reliability.*

After the youth has decided on their 5 core values, invite them to design the values on a piece of paper and post it in their room so they can refer back to them as a reminder every day.

Emotional Well-Being Competencies



THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the youth the reflection questions below and discuss the answers together.

- *Do you think you have more than 5 core values? If so, what are they?*
- *How do you think your core values differ from those of friends or family members? How are they the same?*