



Session 5.2: Know Yourself - Values Level 3-5

In today's activity, you and your child will learn what values are, and explore two values in particular, friendship and kindness. Your child will fill out value sheets on friendship and kindness. Afterwards, your child will create a coat of arms depicting their values.

Suggested Materials:

- Technology to print the worksheets
- Pen or pencil
- Markers or crayons

Lesson: Introduce your child to the concept of a **value**. A value is something they think is important. This could be being a good friend, going to school every day or being kind to their siblings. Our values determine our behavior.

Have your child fill out value sheets on friendship and kindness.

After completing the value sheets, have your student create a coat of arms depicting their values.

Friendship

What does friendship mean to you?

If you have friends, did you choose them or did they get to be your friends by accident?

In what ways do you show friendship?

How important is it for you to develop and keep friendships? Circle your answer.

VERY IMPORTANT

IMPORTANT

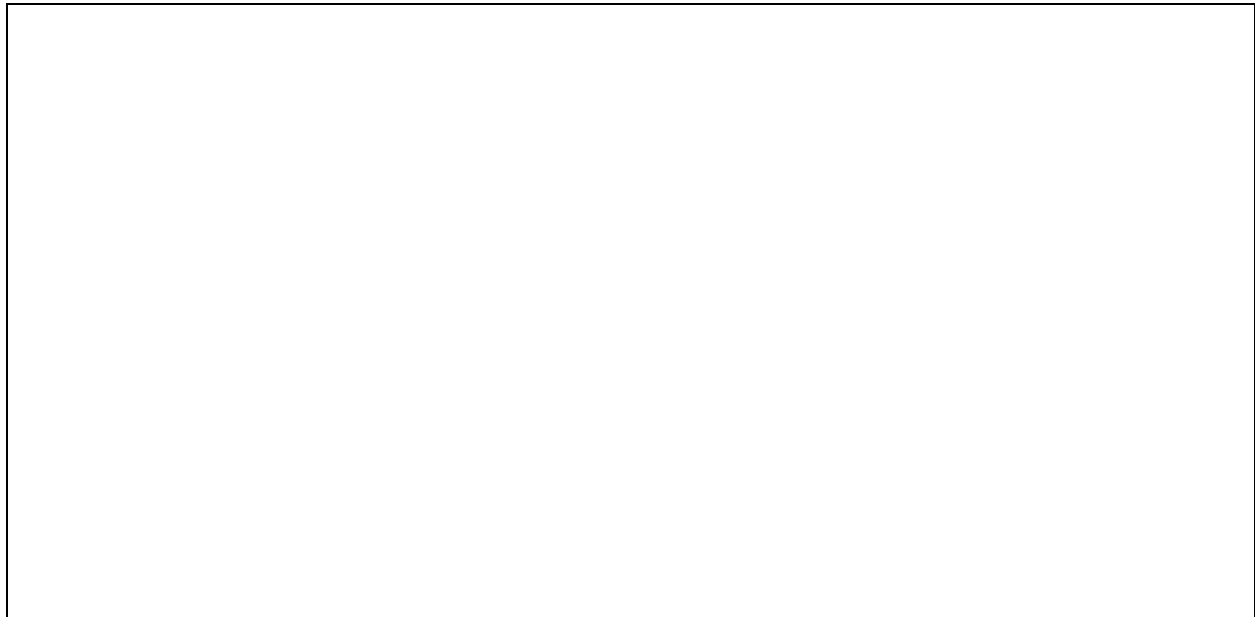
NOT IMPORTANT

Kindness

What does kindness mean to you?

In what ways do you show kindness?

Draw an example of one act of kindness.



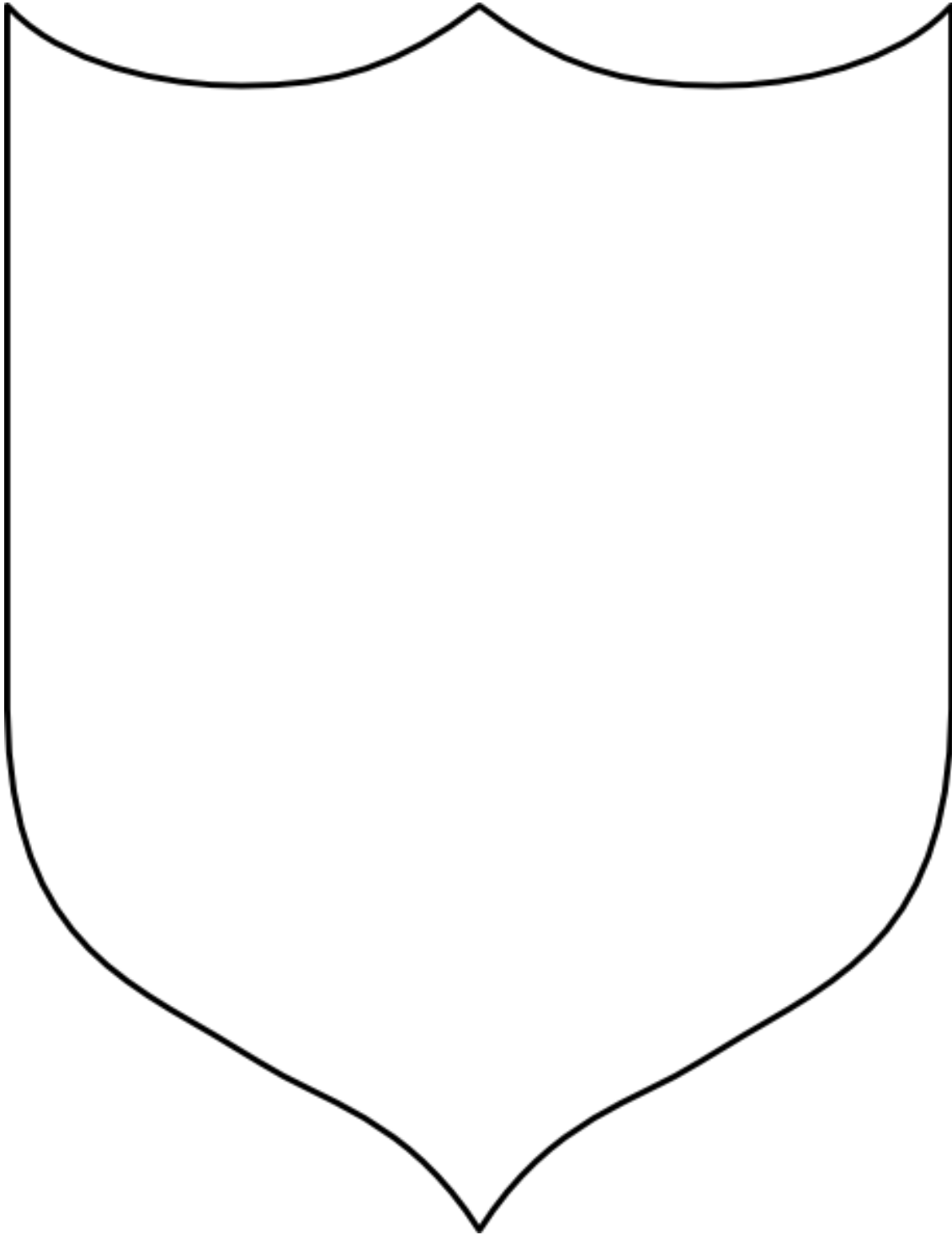
How important is it for you to be kind to yourself, family and friends? Circle your answer.

VERY IMPORTANT

IMPORTANT

NOT IMPORTANT

Directions: Draw or write some of the **values** that are important to you inside the coat of arms. You can also include hobbies or things that make you happy. In medieval times, a coat of arms was on a knight's shield and showed the world what was important to the knight.



Resource:

Value Sheets -

https://conference.pixel-online.net/conferences/science/common/download/Paper_pdf/325-IBL26-FP-Harecker-NPSE2012.pdf

Lesson submitted by: [FAU Pine Jog Environmental Education Center](#)