

Explore Personal Values

How to use: Print first for the main practice. Then use the device to repeat activities and save progress.

LEARNING OBJECTIVES

- 1 Define what personal values are and why they matter
- 2 Identify values that are core to who you are
- 3 Recognise values you are still developing
- 4 Explain how values guide decisions and actions

MINI LESSON

Personal values are the beliefs and principles that matter most to us. They guide the choices we make, the way we treat others, and how we see ourselves. Some values feel very strong and natural — these are our core values. Others are values we care about but are still developing.

Common Personal Values

- Honesty — telling the truth even when it is difficult.
- Kindness — caring about the feelings and wellbeing of others.
- Courage — facing challenges and fears even when it feels hard.
- Fairness — treating everyone equally and with respect.
- Responsibility — owning your actions and keeping your promises.
- Creativity — looking for new and imaginative ways to solve problems.

Core Values vs Developing Values

- A core value is one you feel strongly about and act on naturally — it is a big part of who you are.
- A developing value is one you believe is important but are still practising — you want to grow in this area.
- Both types of values are positive. Knowing which is which helps you set goals for personal growth.

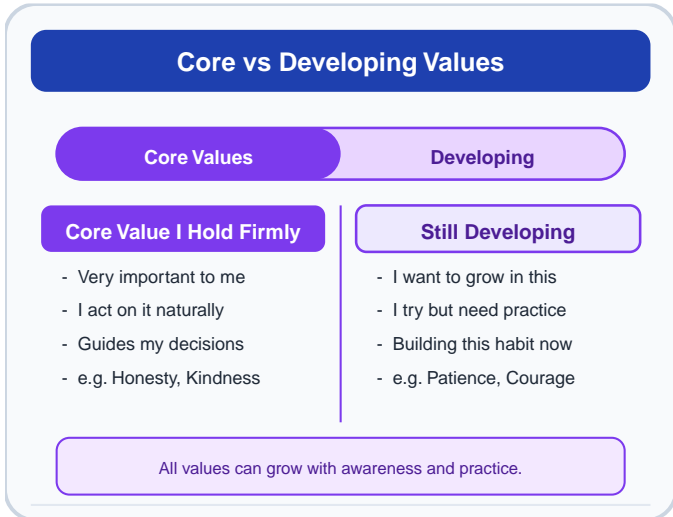
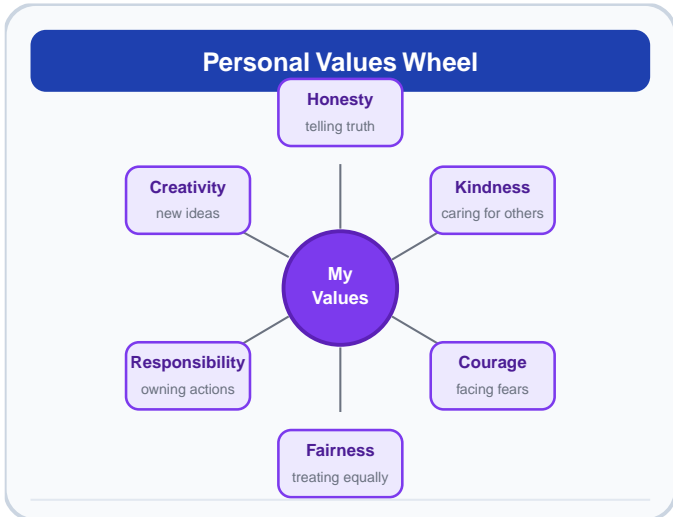
Why Values Matter

- Values act like an inner compass — they point you in the right direction when you have a tough decision to make.
- When you act in line with your values, you feel proud of yourself.
- When you ignore your values, you may feel guilty or uncomfortable.

! Tip: Think of a time you made a good decision — which of your values was guiding you?

VOCABULARY

- values** Beliefs and principles that guide how we think, feel, and act.
- core value** A value that feels very important and natural — a key part of who you are.
- honesty** The quality of being truthful and transparent in all that you do.
- integrity** Consistently acting in line with your values, even when no one is watching.
- responsibility** Accepting ownership of your choices and their consequences.



VOCABULARY

- values** Beliefs and principles that guide how we think, feel, and act.
- core value** A value that feels very important and natural — a key part of who you are.
- honesty** The quality of being truthful and transparent in all that you do.
- integrity** Consistently acting in line with your values, even when no one is watching.
- responsibility** Accepting ownership of your choices and their consequences.

TRACING PRACTICE

Trace each word, then copy it twice on the lines provided.

MODEL — READ IT

values

COPY 1

COPY 2

MODEL — READ IT

honesty

COPY 1

COPY 2

MODEL — READ IT

kindness

COPY 1

COPY 2

MODEL — READ IT

courage

COPY 1

COPY 2

MODEL — READ IT

responsibility

COPY 1

COPY 2

MODEL — READ IT

integrity

COPY 1

COPY 2

Tip: Say each word aloud as you write it.

TYPE OR WRITE

Write 3 different words from the list above.

1. _____
2. _____
3. _____

EXERCISES — SORT & MATCH

Sort each value into the correct bucket: Core value I hold firmly OR Value I'm still developing.

WORDS TO SORT

Honesty

Kindness

Courage

Fairness

Responsibility

Creativity

Patience

Generosity

Core value I hold firmly

Value I'm still developing

"Flip the page upside down to see the answer key"

Core value I hold firmly: Honesty, Kindness, Fairness, Responsibility | Value I'm still developing: Courage, Creativity, Patience, Generosity

EXERCISES — FILL IN THE BLANKS

Complete each section.

1. The value I hold most strongly is: _____
2. A time I showed this value: _____
3. A value I am still developing: _____
4. One thing I can do this week to grow this value: _____

PRACTICE — DICTATION / TYPING

Without looking, explain what personal values are and give two examples of core values.

Can you explain what personal values are and give examples of core and developing values?

Think about what values are, what makes them core or developing, and why they matter.

"Flip the page upside down to see the answer key"

values / honesty / kindness / courage / responsibility / core

EXERCISES — WRITE YOUR ANSWER

Reflect on your personal values and complete each section below.

The value I hold most strongly is:

A time I showed this value:

A value I am still developing:

One thing I can do this week to grow this value:

EXERCISES — MULTIPLE CHOICE

Circle the best answer.

1. What are personal values?

- Rules made by a teacher for the classroom
- Beliefs and principles that guide how we think and act
- Subjects we study at school

2. What is a core value?

- A value you have never thought about
- A value that is weak and unimportant
- A value that feels very strong and natural to you

3. A developing value is one that:

- You believe in but are still practising and growing
- You do not care about at all
- You already do perfectly every day

4. How do values help us in daily life?

- They tell us which lessons to like at school
- They guide our decisions, especially in difficult situations
- They make us popular with our friends

5. Which of these is an example of showing the value of honesty?

- Blaming someone else for a mistake you made
- Staying quiet to avoid an awkward conversation
- Telling a friend the truth even though it is difficult

6. When you act in line with your values, you usually feel:

- Guilty and ashamed
- Proud and at peace with yourself
- Bored and uninterested

7. Which statement best describes integrity?

- Acting in line with your values even when no one is watching
- Only behaving well when a teacher is present
- Changing your values to please other people

8. Why is it useful to know which of your values are developing?

- So you can pretend those values do not matter
- So you can ignore them and focus only on strengths
- So you can set personal goals to grow in those areas

"Flip the page upside down to see the answer key"

1. b 2. c 3. a 4. b 5. c 6. b 7. a 8. c

ASSESSMENT

PARENT / TEACHER CHECKLIST

- Can define personal values and explain why they matter
- Can distinguish between core values and developing values
- Can name at least two values that are important to them personally
- Can explain how values guide decisions
- Can identify one value they want to develop further