

Values Exercise

Being values-aligned in our work supports our well-being. Administrators can cocreate values with teachers, and teachers can do so with students.

1. Provide this to the class and ask everyone to individually list the top ten values that guide them. You may have to modify the list to include student-accessible vocabulary.
2. Ask everyone to whittle down the list from ten to five.
3. Ask them to take that list down to three and share those values. You can take everyone's contributions and synthesize a list of five values for the whole group.
4. As a whole group, define what each of those values means for the collective, complete with examples of what they look like in action.
5. On a monthly (or so) basis, the groups can celebrate when they see someone from the community actively living out one of the values.

Examples of Values

How do you want to live your life? How do you choose to work, relate to others, play sports, make art, relax, or do other things that matter to you?

Values are qualities of action that make life meaningful. Here are some qualities of action that make some people's lives meaningful. Does behaving in any of these ways make your life meaningful?

Actively	Dutifully	Independently	Prudently
Adventurously	Efficiently	Industriously	Purposefully
Appreciatively	Enthusiastically	Inspiringly	Resiliently
Assertively	Excellently	Inventively	Resourcefully
Attentively	Fairly	Kindly	Respectfully
Authentically	Faithfully	Knowledgeably	Responsibly
Beautifully	Flexibly	Lovingly	Reverently
Boldly	Forgivingly	Loyally	Simply
Cautiously	Freely	Mindfully	Skillfully
Compassionately	Generously	Modestly	Spiritually
Consciously	Gracefully	Open-mindedly	Supportively
Cooperatively	Helpfully	Passionately	Sustainably
Courageously	Honestly	Patiently	Tactfully
Creatively	Hopefully	Peacefully	Thankfully
Curiously	Humbly	Playfully	Thoroughly
Deliberately	Imaginatively	Powerfully	Trustworthily
Determinedly	Inclusively	Productively	Wisely

Source: Porosoff, L., & Weinstein, J. (2018). EMPOWER your students: Tools to inspire a meaningful school experience, grades 6–12. *Solution Tree Press*.