

# MY UNIQUE VALUES LESSON PLAN





## MY UNIQUE VALUES - LESSON PLAN

LESSON TITLE:  
**MY UNIQUE  
VALUES**

### AIMS

This lesson will:



- Explore the term 'values.'
- Explore the work of an inspirational person in the student's life and examine their values.
- Examine our own values and consider how we are inspirational people.

### OUTCOMES



At the end of this lesson students will be able to:

- Explain what is meant by 'Unique Values'.
- Describe some of the values an inspirational person has.
- Evaluate how inspirational people impact on the lives of others.
- Identify their own values.
- Describe how they are role models/ inspirational.

### LINKS TO JUNIOR CYCLE KEY SKILLS



- Communicating (listening and expressing myself, discussing and debating, using language).
- Managing myself (knowing myself, making considered decisions, using digital technology to manage myself and my learning).
- Staying well (being healthy, being social, being safe, being responsible).
- Being creative (exploring options and alternatives, implementing ideas and taking actions).
- Working with others (learning with others, respecting difference, developing good relationships, co-operating).
- Managing information and thinking (gathering and recording information, being curious, thinking critically, using digital technology to access, manage and share knowledge)

### LINKS TO JUNIOR CYCLE STATEMENTS OF LEARNING



In this lesson students will

- Take action to safeguard and promote her/his wellbeing and that of others.
- Bring an idea from conception to realisation.



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### **LINKS TO WHOLE SCHOOL GUIDANCE**



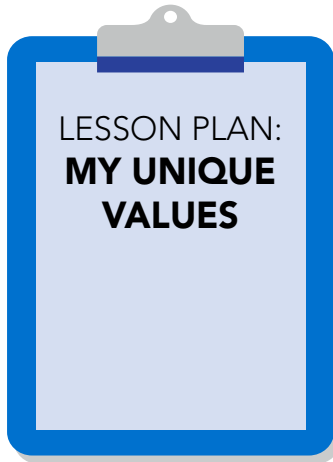
#### **Developing Myself**

In this lesson students will

- Develop & maintain self-esteem & a positive self-concept.
- Interact effectively with others.
- Develop & grow throughout life.
- Identify and describe their personal qualities, attitudes and strengths, interests and how they influence behaviour.
- Demonstrate effective social skills when cooperating, collaborating & negotiating with peers and teacher.
- Participate in a range of activities & tasks to enhance emotional, social, cognitive & physical development.
- Ask for help when required.



## MY UNIQUE VALUES - LESSON PLAN



### MATERIALS NEEDED FOR THIS LESSON

#### BY TEACHER

- PowerPoint
- Worksheet
- Online Video
- There is reference to 'Identity Word Cloud' from 'My Identity' Lesson. It is suggested that the lesson on 'My Identity' could be taught prior to this lesson.

#### BY STUDENTS

- Worksheet

### AIMS

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- Examine our own values and consider how we are inspirational people.



### OUTCOMES

At the end of this lesson students will be able to:

- Explain what is meant by 'Unique Values'.
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### OPENING 'THE HOOK'

Video. Teacher reminds students about what values are.





## MY UNIQUE VALUES - LESSON PLAN

### BODY OF LESSON

#### TEACHER ACTIVITIES

Teacher defines the term 'value' for the students and gives examples of various values.

(Definition: Values are principles or standards of behaviour; one's judgement of what is important in life, i.e. Dependability. Reliability. Loyalty. Commitment. Open-mindedness. Consistency. Honesty).

Teacher asks students to think about someone they know who is a role model/inspirational in their life (such as a family member, an older friend, a coach or a teacher – show PowerPoint slide with list of values). They should tell the person beside them about this person. Teacher can then encourage students to share their person with the class.

Next teacher asks students to discuss with the person beside them (and then the class) how this person's positive qualities affects them personally.

Direct students to Worksheet on "Radiant Role Models".

#### STUDENT ACTIVITIES

Students receive clarity on the term 'values'.

In pairs, students tell the person beside them about this inspirational person.

They also discuss how this person's positive qualities affects them personally. They think about how they feel when they are with someone who is trustworthy, or how they react to a person's positive outlook.

For example:

"Someone who demonstrates patience influences me to be less irritable when things don't go my way."

Students choose a personal role model to write about and record his or her name in the centre of the sun.

Next, describe the qualities the student appreciates about this role model inside the rays of the sun.

In the tree leaves, describe how his role model makes the student feel.

Upon completion, the student may colour the picture.

While they are doing this, they can think about the symbolism in this picture.

Compare the important effects of sunlight on leaves to a role model's positive influence on others.



## MY UNIQUE VALUES - LESSON PLAN

### BODY OF LESSON continued

#### TEACHER ACTIVITIES

Students then reflect on how they are inspirational people and complete the second part of the worksheet where they write their own names in the centre of the sun.

#### STUDENT ACTIVITIES

Students repeat the first exercise EXCEPT they themselves are now the sunlight. Students describe their own qualities which have a positive impact on others and write these qualities in the sun's rays.

In the tree leaves, students describe how they make others feel.

Upon completion, the student may colour their picture.

While they are doing this, they can think about the symbolism in this picture.

### CONSOLIDATION OF LEARNING



Optional Homework Task: Students may write a letter to their 'Role Model' or the person who is at the centre of the sun on their worksheet. A template is provided for this exercise on the worksheet

Finally, the teacher re-examines the lesson's aims.



# MY UNIQUE VALUES





## AIMS



In this lesson you will:

- Explore the term 'values.'
- Explore the work of an inspirational person in your life and examine their values.
- Examine your own values and consider how you are an inspirational person.

## OUTCOMES



At the end of this lesson you will be able to:

- Explain what is meant by 'Unique Values'.
- Describe some of the values an inspirational person has.
- Evaluate how inspirational people impact on the lives of others.
- Identify your own values.
- Describe how you are a role model / inspirational.







# PEOPLE OF VALUE!

- Think of a person you value.
- Choose a person you know, who has had a positive influence on your life.
- This 'role model' should be an individual in who you can confide in and trust, somebody who you can lean on for support in difficult times.
- What are this person's values?
- Why do you value them?



# SOME QUALITIES TO DESCRIBE AN INSPIRATIONAL PERSON



A central black silhouette of a person's head and shoulders is surrounded by various qualities in different shades of blue. A large blue speech bubble points from the top of the silhouette towards the top-left header.

**Loyal** **Courageous** **Positive** **Sensitive**

**FAIR** **Thoughtful** **Dependable** **TRUSTWORTHY**

**Kind** **Compassionate** **Cautious** **Energetic**

**RESPONSIBLE** **HUMEROUS** **Patient**

**Generous** **Honest** **Grateful**



# RADIANT SUNSHINE



Radiant sunlight helps a tree to grow.

In the same way, other people help US to grow.

Drawing a comparison, you could say, that 'sunlight' coming from other people helps us to grow. In this way, others can be 'Radiant Rolemodels' for us.

Thinking about this further, its important to remember that WE can have an impact on the lives of other people: we can help others to grow too! We can be 'Radiant Rolemodels' for others.





# RADIANT SUNSHINE/ RADIANT ROLE MODELS

Let's think about this carefully by  
filling in our worksheet: the leaves and  
the sunshine





# THE LEAVES AND SUNSHINE

- Please open the worksheet “Radiant Role Models”.
- Who is your role model?  
Write this person’s name in the centre of the sun.
- Next, describe the qualities you appreciate about this role model inside the rays of the sun.
- In the tree leaves below, describe how his role model makes you feel.
- Upon completion, you may colour your picture.
- While you are doing this think about the symbolism in this picture.
- Compare the important effects of sunlight on leaves to a role model’s positive influence on others.



**YOU ARE ALSO  
INSPIRATIONAL AND  
HAVE GREAT QUALITIES**



- On the second page of this worksheet, complete the exercise with yourself in mind.
- Write your own name in the centre of the sun.
- Next, describe the qualities you appreciate about YOURSELF inside the rays of the sun (maybe your 'identity cloud' can help you with this task).
- In the tree leaves, write down the names of the people you have a positive impact on.
- Upon completion, you may colour your picture.
- While you are doing this think about the symbolism in this picture.



# REVIEW

## Can you...

- Explain what a value is.
- Describe some of the qualities/values an inspirational person has.
- Evaluate how inspirational people/ role models impact on the lives of others.
- Identify and describe how we are role models/ inspirational to other people.



**MY UNIQUE VALUES - WORKSHEET**

**RADIANT ROLE  
MODELS**

**1.**

In the centre of the sun  
write the name of your  
role model.

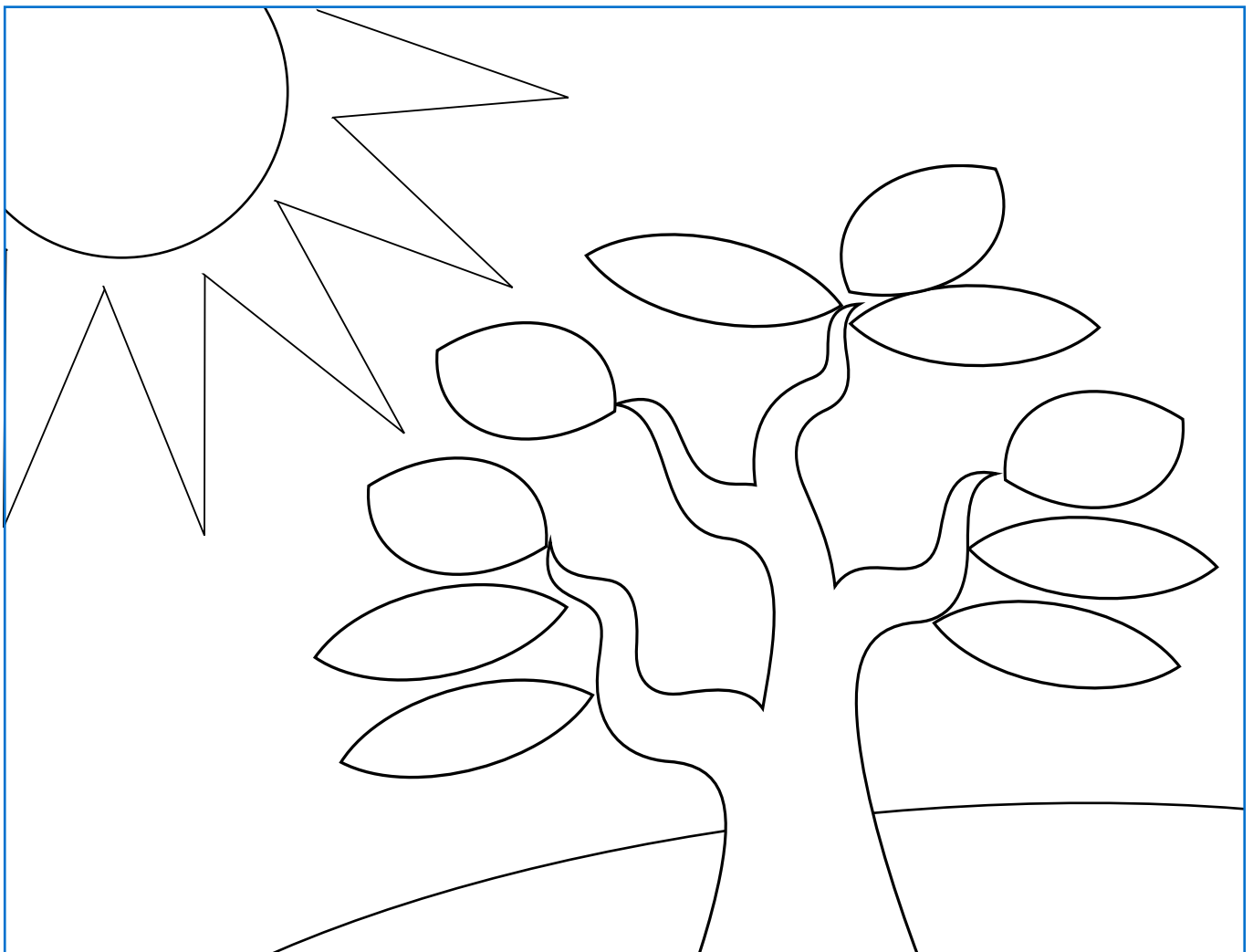
**2.**

In each of the sun's rays  
write one quality that you  
admire about that person.

**3.**

In the leaves of the  
tree write how this  
person makes you feel.

For example: My role model is patient and this helps me to be less frustrated when things don't go my way.





MY UNIQUE VALUES - WORKSHEET

I AM A ROLE MODEL

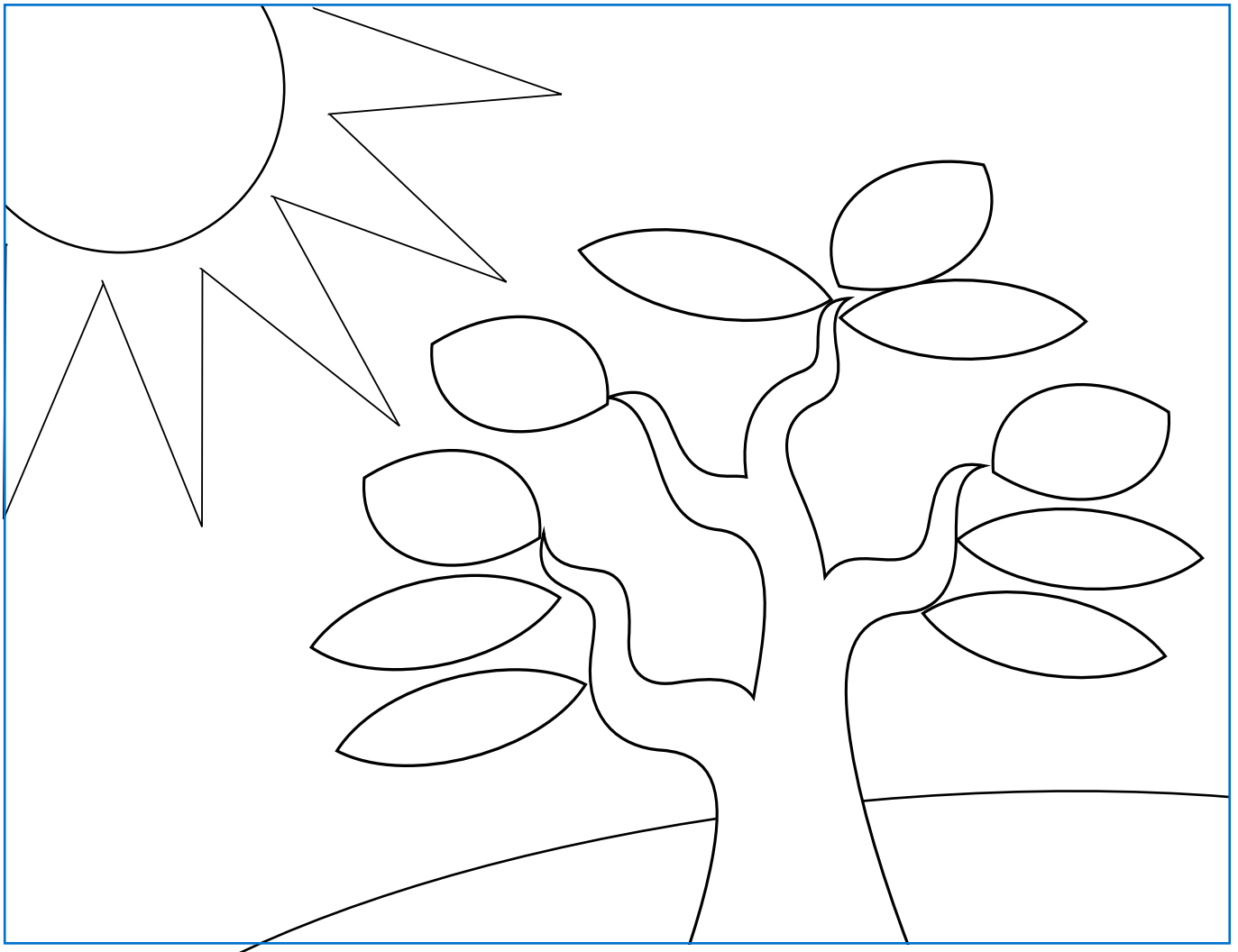
I am also an inspirational person and I can be a good role model for others.

What are my positive qualities?

Write your name in the centre of the sun and a positive characteristic on each of the sun's rays.

Write the names of the people who you impact in the leaves of the tree.

Colour this when you are finished.





## A LETTER TO MY ROLE MODEL

Date:

Dear

You are an inspiration to me because:

You make me feel:

Something important I have learned from you:

You are important in my life because:

From