







motivation to work toward accepting people, things, goals and experiences as they are

being your unique self

seeking new and exciting experiences









feeling connected, understood and accepted having strong ideas by others

believing in your ideas, abilities and worth

being part of a group, community or movement









being aware of and wanting to learn more respectful toward about yourself, others, and the world

standing up for what is right, showing bravery

using imagination to solve problems, express yourself, or invent new ideas









valuing people of different caring for the planet cultures, religions, viewpoints and nature

having thrilling experiences

understanding the feelings of others









having close relationship equality for all with family

physical strength, stamina and abilities

connection to spirituality or religion









letting go of anger being similar to and toward others or yourself accepted by others

having close and supportive friendships

ability to adapt thinking and behaviour









giving to others having a good time

appreciation for what you already have

connection to gender (male, female, or diverse)









physical health and learning from experiences wellbeing

appreciating the lighter side of life and laughter

feelings of joy and completeness







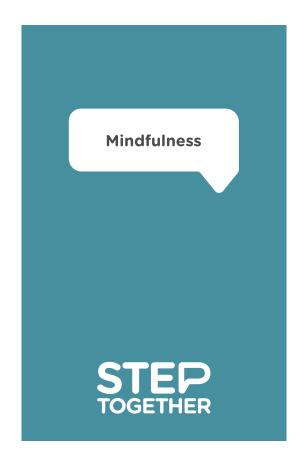


giving and showing compassion to others being able to take care of yourself and do your own thing

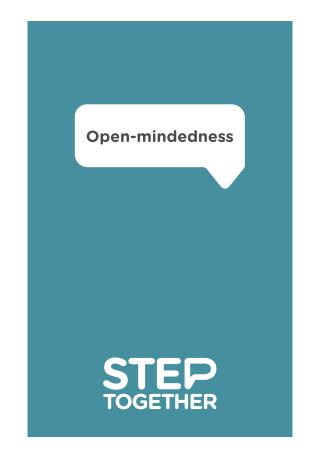
continuing to accumulate knowledge, skills and abilities

standing up for what you believe is fair and right









being in the present staying true to people, moment commitments or causes

hearing different perspectives without judgement feeling and showing deep care for family, friends, partners









resolving conflict, being involved in political change seeking harmony

strength and ability to act and influence how others act continuing to work toward a goal even when it is difficult









treating others and yourself standing up against with kindness, fairness authority and the and dignity status quo

taking ownership of your actions and their consequences

the way others see me









qualities, skills or performance above the level of others

sexual relationship with self and others

being tolerant and accepting of those different to you even if you don't completely agree with them

physical or mental abilities to withstand stressors



## STEP TOGETHER

- \* Place values cards in centre of group. Ask students to select one value that is important to them and describe why.
- \* Put values cards in centre of group. Share an everyday moral dilemma and ask students to select values they might be able to demonstrate in their response to the moral dilemma.
- \* Students write values on leaves or sticky notes. Add them to a classroom "Values Tree" or "Wall of Values." Discuss real-life examples where students have seen or demonstrated those values.
- \* Present different scenarios (e.g., bullying, cheating, helping someone in need).
  Lead discussion on how to respond in line with values.

**Group / class ideas** 

## Vulnerability STEP TOGETHER

## STEP

- \* Sort values into groups not important, somewhat important and very important.
- \* Select three key values identify values aligned goals.
- \* What are values that have not been a priority for you in the past that you would like to work towards.
- \* Randomly select a value from the deck, consider the prompt "what is the relevance and / or meaning of this value in your life currently".

**Individual Activities** 

accumulating financial assets

showing your true self