

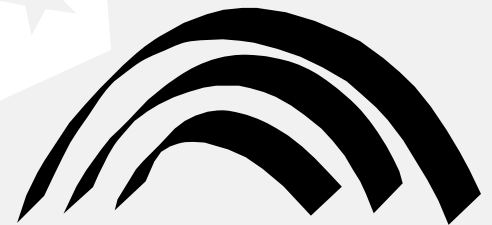
Segment Six

VALUES IN ACTION

Your Instrument Panel

After exploring this lesson, you will be able to:

- Analyze your own character values
- Identify what values you need to improve
- How values help you make good decisions



**Winning
Futures**

Facilitator/Mentor Script

Daily Lesson: Your Instrument Panel

What is your instrument panel telling you? On a car, the instrument panel allows the driver to make safe driving decisions based on what the gauges indicate. Your value system is your instrument panel. You are responsible for your behavior and actions. Each day, you make choices in your life, decisions about what actions will be taken.

Use your values as guidelines in your decision-making. When you match what you do to what you believe, you are a person who is taking action on your values. It is not always easy to act on your values. Peer pressure can be a huge obstacle. It can test your value system and cloud your decision-making. These days, you are probably spending more time with your friends and less time with your family. As you and your peers grow more independent, you will make more decisions on your own. Staying true to your own beliefs can sometimes be difficult. You can't control what others say and do, only what you say and do. To remain true to what you believe is right, you will need to prepare yourself with tools to help you say "no" successfully.

There are many ways you can make sure your actions match your values. One way is to think your decisions through and determine if your choice is more likely to help or hurt someone. Make choices that hold up to your values. Another way is to gather information based on facts, before making an important decision. Be conscious and informed whenever you make a choice. You can also weigh your choices with their consequences. Take time to look at the big picture and consider the outcome. Talk over your choices with an adult you trust. Take their advice into consideration and let it guide you to a good choice. Finally, never apologize for your decisions if they match your values. Don't be afraid to explain to others that your decisions are based on your values.

Hands-On Activities:

- Tin Foil Animals
- Values Mobile
- Positive Comments

Written Activity: Fine Tuning My Values

You first need to understand which values you have before you can put them to work in your life. Compare the two statements for each number, and check the one that fits you the best. The BOLD words in the left column are character values; the ones you checked are the values you have. Your values give you the strength to remain strong under pressure. When you are finished, write four values that are most important to you in the box at the bottom. These values are a guide on your journey to success. The checks in the right column are values and personal goals you can improve.

Handout Suggestions:

Daily Road Test...Download the handout at www.winningfutures.org. Go to the Mentors Only page and locate Daily Road Test (all are in the one file).

Activity

Tin Foil Animals

Objective:

By using symbolism, this activity can help students understand their positive character traits and personal values.

Procedure:

Each student receives one 12" x 12" piece of tin foil (pre-cut is best). Ask students to use their imaginations to create an animal out of the foil that best represents their character values.

For example, a student may choose to make an ant out of his foil. He chose this animal because, like an ant, he is hardworking, loyal, and courageous. Another example is that a student may make a mouse because she values a strong family connection and is resourceful with things.

Discussion:

After the activity, have student share their animals with the group. Ask them why they chose their animal and what characteristics they have in common.

Materials:

12" x 12" pieces of tin foil, one Animal Symbolism handout per team (Download the handout at www.winningfutures.org. Go to the Mentors Only page and locate Animal Symbolism.)

Time:

15 minutes

Activity

Values Mobile

(For younger students)

Objective:

This activity can be used to help students understand the importance of character values and that everyone has unique values.

Procedure:

Have each student cut five 6-inch circles out of construction paper. Next, instruct participants to make a self-portrait in one of the circles that represents them.

In the remaining four circles, tell students to write or draw a depiction of their top four character values (one value in each circle). Tell them they can be as creative as they want with their drawings and decorations in the circles.

Once the illustrations are complete, use a hole puncher to place one hole at the top of each character value circle. Next, use the hole puncher to place one hole at the bottom and one hole at the top of the self-portrait circle.

Take yarn or string and tie the character value circles to one another (making a “line” of circles). Finally, tie a string from the top character value circle to the bottom of the self portrait circle. Tie another string to the top of the self-portrait circle so it can be hung for show.

Hang the mobiles throughout the room or send them home with the students to hang in a room in their homes.

Discussion:

After the activity, have students share their Value Mobiles with the group. Ask if there are any values that many of them have in common. Also, ask students what values seem to be unique to their own mobiles.

Materials:

Yarn or string, construction paper, markers, scissors, hole puncher

Time:

30 minutes

Activity

Positive Comment Cards

Objective: To create team synergy and build personal self-confidence.

Procedure: Distribute a 3x5" card to each student and mentor toward the end of the session.

Each person writes his or her name on the 3x5" card on the top line. Cards are then passed around the team, and everyone writes one positive value about the respective individual. The filled cards are returned to each person at the end of the segment.

Materials: 3x5" index cards

Time: 15-20 minutes

Sample:

