

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

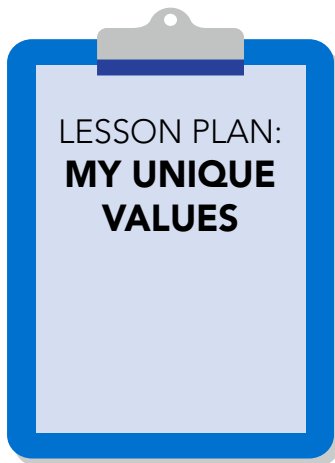


Developing Myself

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.

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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

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OUTCOMES

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OPENING 'THE HOOK'

Video. Teacher reminds students about what values are.



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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.

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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.