



DREAM
SEEDS[®]

VALUES MATCH UP

Purpose of activity:

The purpose of this activity is to explore the meaning of different values. Do you know your school values? Knowing our personal values helps us make decisions about life and the type of person we want to be. In Dream Seeds our core values are aspiration, resilience and connection. In this activity you will be given a list of words and some definitions. You will need to match the words with the definitions.



VALUES MATCH UP INSTRUCTIONS

MATERIALS

- Printed worksheet (next page)
- Pen

INSTRUCTIONS

1. Print out the worksheet for this activity
2. Read through the list of values
3. Read through the value definitions
4. Draw a line from the value to its definition



VALUES MATCH UP WORKSHEET

Match the value to its definition

ASPIRATION	Ability to be thankful and show appreciation
OPTIMISM	Ability to take action without being told
CREATIVITY	Believing in your abilities and decisions, and being true to yourself
GRATITUDE	Ability to have sympathy, and have a desire to help and love others
COOPERATION	A will to consider new ideas and approaches
LEARNING	Joining with others, working together, building resources together
COMPASSION	Having a duty, and being responsible for your actions
RESILIENCE	Treating people equally regardless of differences
OPEN-MINDED	A will to grow in knowledge and understanding
CONNECTION	Being truthful to yourself and others with your words and actions
INITIATIVE	Use of imagination or original ideas to create something
RESPONSIBILITY	A will to succeed and a desire to achieve
HONESTY	Ability to bounce back from challenges and reach a greater potential within yourself
FAIRNESS	Having a positive outlook and seeing the good in every situation
SELF-CONFIDENCE	Working with a group of people successfully



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EXTRA ACTIVITY

Match the value to its definition

Once you have matched words and definitions choose five values that are important to you and give some examples from your life of when they have been important.

OR

Add five more values that you think are important and give examples...

ANSWER SHEET

ASPIRATION

A will to succeed and a desire to achieve

OPTIMISM

Having a positive outlook and seeing the good in every situation

CREATIVITY

Use of imagination or original ideas to create something

GRATITUDE

Ability to be thankful and show appreciation

COOPERATION

Working with a group of people successfully

LEARNING

A will to grow in knowledge and understanding

COMPASSION

Ability to have sympathy, and have a desire to help and love others

RESILIENCE

Ability to bounce back from challenges and reach a greater potential within yourself

OPEN-MINDED

A will to consider new ideas and approaches

CONNECTION

Joining with others, working together, building resources together

INITIATIVE

Ability to take action without being told

RESPONSIBILITY

Having a duty, and being responsible for your actions

HONESTY

Being truthful to yourself and others with your words and actions

FAIRNESS

Treating people equally regardless of differences

SELF-CONFIDENCE

Believing in your abilities and decisions, and being true to yourself