Values Family Questions

In today we explored Values. We looked at what our values are, what they mean to us and how they can help with decision making. We looked at how we can work out what our values are and how they need to represent the things that are most important to us. Finally we looked at how values can change over time and the importance of revisiting them.

I heard today's topic was about values...

How would you describe values?

How can values help us in our day to day lives?

What are your values?

Tip: Values are an important part of every family. Values help us to make positive decisions, have consistency, a common understanding and sense of security. Do you know what your family values are? Do you discuss your family values together as a family unit? How do you reinforce your family values? If you don't know your family values, now is a great time to get started. Questions to ask your family are... What's important to us? What makes us feel happy? What qualities do we like in others and ourselves? Activity: on small squares of paper, you could write down all the values you can think of. Set them out in front of your family and as them to pick their three favourites. Then, ask them to explain why they value these characteristics/qualities so highly.

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