

Warm Up Activity

Name: _____

Date: _____



VALUES

**Below are values people may have.
Circle 3 values that are most important to you.**

Achievement

Friendship

Appearance

Being treated fairly

Love

Being the best

Belonging

Health

Having nice things

Respect

Honesty

Wealth

Family

Truth

Learning

Kindness

Strength

Recognition

Patience

Fairness

Others (be specific): _____

Choose 1 of the values you circled and write down 3 things that you may think, say or do to demonstrate this value is important to you.

The value I choose: _____



3 things that I may **think**, **say** or **do** to show this value is important to me:



1

2

3

Sample Warm Up Activity

Warm Up Activity

Name: Jacob

Date: September 1st

Below are values people may have. Circle 3 values that are most important to you.

Achievement	Friendship	Appearance	Being treated fairly	Love
Being the best	Belonging	Health	Having nice things	Respect
Honesty	Wealth	Family	Truth	Learning
Kindness	Strength	Recognition	Patience	Fairness

Others (be specific): _____

Choose 1 of the values you circled and write down 3 things that you may think, say, or do to demonstrate this value is important to you.

The value I choose: Friendship

Three things that I may think, say, or do to demonstrate this value is important to me:

1. Whenever I have a tough day, I know I can count on my friends to cheer me up.
2. I love to spend time with my friends playing sports.
3. My bros are helpful friends. They are always by my side.

See blog for original publication info:

<https://youthnexdrive.virginia.edu/strategies-teaching-goal-setting-middle-schoolers>