

# VALUES SHOW & TELL

MATERIALS |  
show & tell items

**OBJECTIVES** | The objective of this activity is for participants to learn more about each other's values and lives, and to practice sharing with each other in order to build relationships and community.

## FACILITATOR INSTRUCTIONS |

### DAY 1

Introduce the concept of "values." Ask participants to brainstorm:

- What is a value?
  - What does it mean to "value" something?
  - What does it mean to "have values"?
  - How do you know what you value?
  - Why do we value the things we value? Where do our values come from?
- Explain that a value is something that is important and meaningful to us. Things we think are valuable are things we care about greatly. Sometimes we talk about "having" or "living by" our values. When the word "values" is used in this way it is about the things we believe that are important to how we see the world, how we live our lives, and the decisions we make.
- Facilitators should give examples of things they value and values they hold, like justice or honesty.

Ask participants to bring or create an item that represents something they value or a value they hold for the following session. For example, a student might bring a picture of their family because family is one of the things they value most, or they might bring an item they saved up to buy with their own money because it symbolizes reaching a goal, or they might draw a scale to symbolize that they value equality.

### DAY 2

Divide participants into pairs, small groups, or large groups depending on group size, comfort, and time. Ask each participant to share their item and why it is meaningful to them.

## DEBRIEF QUESTIONS |

- How did it feel to do this activity?
- What were some similarities and differences in what we valued?
- How can knowing this help us work together as a team?



## SUPPORTING MEDIA |

<https://www.michiganlearning.org/sharing-who-we-are/>

## NOTES |

This is a two-day activity!

**EXTENSION:** Do this activity in pairs and have each person introduce their partner to the larger group. If the person they are introducing has anything to share they can do so after their partner's comments.