

Teaching Values of Being Human

Stimulating self-awareness and building identity

Self-identity checklist

Check out the list below.

Colour **3**, **4** or **5** things in green that you often do.

Colour in red **2** or **3** things you don't do or don't think about.

Discuss your differences with each other. Remember there are no right or wrong answers.

Finally, rate the values from **1** to **10**, with **1** being most important and **10** being least important to you.

You may give some equivalent ratings.



Facing fear: "Do you sometimes deliberately challenge yourself, and give something a go that feels worrying, scary or bigger than usual?"

Using your moral compass: "Do you treat others with care, and know when you've been selfish or harsh? Would you apologize if you went too far?"

Faith: "Do you believe in; the goodness of people, loyalty, honesty, sincerity, or have a spiritual or a religious faith?"

Social support networks: "Do you have people in your life who care for you? And, are you prepared to ask for their help when you need it?"

Good role models: "Do you deliberately surround yourself with people, of all ages, who are good and respectful to you and others?"

Get fit: "Do you work at being physically fit, because you know this adds to your happiness and intelligence?"

Challenge your brain: "Do you push yourself to give things a try, because as you learn something new, you grow intelligence, as well as develop persistence?"

Be flexible: "Do you try to look at things in different ways? Do you try to imagine how someone else might feel, then let yourself to 'go with it' rather than arguing for exactly what you want?"

Have meaning in life: "Do you know what's important? What makes you happy? What you want in the future?"

Realistic optimism: "Are you kind to yourself when you fail, or when things go badly? By being kind to yourself you have the best chance to regroup your emotions and learn from your mistakes.