Activity sheet

# Activity: Values (From Castle and Buckler, 2021: 81-2, originally adapted from Dawes et al. 2005)

***Aim:*** To identify personal values that are integral to your developing educational philosophy.

***Rationale:*** Values are active principles that underpin how you think and behave in relation to events and other people. These personal values also reflect your individual sense of identity while also influencing the way you teach and your educational philosophy.

Instructions:

(i) Relax and centre yourself, allowing your thoughts and concerns to quieten down.

(ii) Note down your responses to the following questions:

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| What matters the most to you? This could be a person, a place, a quality, or an activity. |  |
| What aspects inspire, excite, or enthuse you the most? |  |
| What things tend to upset or anger you? |  |
| Is there one word or sentence that serves as your guiding principle? |  |
| What elements are the most important to you in a close relationship? |  |
| What would you like other people to think about you? |  |
| What elements do you most need to embody for yourself? |  |

(iii) Consider your responses to these questions. Highlight any key words that stand out for you.

(iv) Imagine that your values are a unique expression of you. What is this message that is being expressed? Try to find a word or short phrase that sums up your ‘message’.