

Lesson 3: Dream Path Values

(60 minutes)

Lesson Summary

This lesson helps students understand that values directly relate to self-awareness and self-management. It will also give students the ability to see the values of their peers. By having a space to share values, students will practice social awareness by showing respect, consideration, and appreciation for values that may be different than their own. This lesson will help students start to discover what truly matters to them and others as their Dream Path journey begins.

Lesson Outcomes

The intention of this lesson is to help students understand the meaning and importance of values, consider and accept the values of other students, and develop the self-awareness to identify some of their own personal values.

Student – Friendly Lesson Objectives:

- I will understand what values are.
- I will be able to use my understanding of values to express my values in words.
- I will be able to show open mindedness for others.

SEL Alignments

Alignments that are most prominent in this lesson are listed below. Each Lesson Segment Summary is followed by an abbreviation of the aligned competencies(s) integrated in the segment activity or experience.

Example: SA5; SCA1-5; RS1; RM1

SA Self-Awareness	SM Self-Management	SCA Social Awareness	RS Relationship Skills	RM Responsible Decision-Making
1. Integrating personal and social identities 5. Linking feelings, values, and thoughts	1. Managing one's emotions 3. Exhibiting self-discipline and self-motivation	1. Taking others' perspectives 2. Recognizing strengths in others 3. Demonstrating empathy and compassion 4. Showing concern for the feelings of others	1. Communicating effectively	1. Demonstrating curiosity and open-mindedness

(CASEL, 2021)

Key Topics

- Compassion
- Expressing
- Gratitude
- Empathy
- Open Mindedness
- Self-Awareness
- Social-Awareness

Lesson Preparation and Materials

Materials

- Dream Path Journal
- Presentation including
 - ▶ Dreamline Youth Mentor Ahmed: My Values
 - ▶ Dreamline Youth Mentor Ahmed: My Actions

Sharable Media: Whiteboard, a digital whiteboard, Google Doc, or other method that you prefer

Preparation



- Watch Teacher Training Video (4:21) by scanning the QR or at program.dreamline.org/lessons/lesson-3
- Consider what values of your own you will talk about with the class.
- Have Lesson 3 Presentation ready in the browser.
- Prepare Sharable Media with the title Values
- Have your copy of a Digital Dream Journal on page 5 in a tab
- For Breakout Room Option in section B, create 4 Breakout Rooms and name each with the 4 words: Courage, Laughter, Leadership, Kindness. Allow participant selection of Breakout rooms.

Lesson 3: Part One

A. Lesson Intro: Values (5 minutes)

- ❖ Engage students in a review of your last lesson and preview the upcoming lesson with the Dreamline Youth Mentor Video.

SA1, 5

- Tell Students: *In our last session we began our Dreamline journey. We took time to explore dreams from all around the world. As we ended our last session you went on your own personal exploration in your Dream Path Journal.*
- Tell Students: *Today we are going to begin to discover how dreams develop, the beginning of your Dream Path. Developing our dreams starts with our values. Let's check in with our mentor Ahmed and see what he has to say about values.*
- Lesson 3 Presentation VIDEO: DYM Ahmed in Morocco talks about his values.



B. Engage: Four Corners of Values (15 minutes)

- ❖ This activity is intended to get students moving, make thoughtful choices, begin to think about values, and communicate with each other.

SA1, 5; RS1



- **Lesson 3 Presentation:** Show slides with individual words on them one at a time. For each,
- Tell Students:
What do you think when you think of this word? (Encourage students to write in chat or share out loud.)
Go through the same process with each of the words.
- Tell Students: Now that we have discussed what these words mean to our class, in a moment you are going to type the word that you relate to most in the chat, but DON'T send it until you see the green light!
- Show Green Light Slide in Lesson Presentation
- Write in the chat or talk about WHY you chose that word or raise your virtual hand. When I call on you, unmute and tell us about it.
- Alternative: Allow students to select and enter Breakout Rooms you label with the words for discussion, then return to whole group.



C. Connection: What are Values? (5 minutes)

- ❖ To help students better understand values you will talk to them about what values are and the importance values have on our actions and dreams.

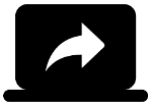
SA1, 5; SM1, 3

- Tell Students: *The four words we just used in Four Corners represent four different values. We also heard about Ahmed's values. Today we are going to explore different values. Values are something that are important to you and play a role in the decisions you make and the things that you do. As we move toward developing our dreams we must first understand our values.*

D. I Do: Values Activity Intro (5 minutes)

- ❖ Help students understand what values are by reflecting on your own values and their connections to your life experiences.

SA1, 5; SM1, 3



- Have your whiteboard, digital whiteboard, or Google Doc ready for the lesson and model brainstorming two values that are important to you and why. Screen share the Lesson Presentation Slide to explain activity, then screen share your white board, digital whiteboard, Google Doc, or other shareable media to show what you write.
- Tell Students: *We are going to brainstorm some more values.*
 - *When I think of myself and what I value I think of _____ because _____* (say and add your value to the chart paper).
 - *I also think of..* (repeating the process for the first value you shared).



Optional Lesson Breakpoint: Recap what you did with students today summarize what you will do in the next lesson – how now that they have seen a few examples of values in the next lesson. they will dive deeper into values. Before the next lesson, try to think about some things you value.

Lesson 3: Part Two

Optional Lesson Start-Up: Recap what you did with students in the last part of the lesson. You may want to share again. Then tell students now they are going to look at values more in-depth today.

E. We Do: Comparing Values (15 minutes)

- ❖ During this activity, students are going to look at the values of students in other places, then add their personal values to the sharable media you started in the *I Do* segment. They can also add them on page 5 in their Dream Path Journals if they have them in print. Otherwise, they will use paper and pencil since using the digital Journal page and looking at a shared screen at the same time is awkward. You will want to remind students to be respectful of all ideas shared. Remember to emphasize we all value different things. Remind students that it is OK if someone has different values than theirs. We can accept others' differences through compassion, empathy, and understanding.

SA1, 5; SCA1-4; RS1; RM1

- Tell Students: *Now that you have seen my values let's take a look at some values from students in Philadelphia, PA and students in Port-au-Prince, Haiti.*
- **Lesson 3 Presentation:** Show List of Values from each group side by side and click for map of where they are in the world.
- Read each list to the students as you show it.
- Tell Students: *Take a moment to think about the values on each list and what you notice.*
(Give students 1 - 2 minutes to think)
- Ask Students: *What did you notice about the lists? What things were the same? What things were different?* (have a group discussion)
- Tell Students: *You will need paper and pencil for the next part. Please put a thumbs up when you are ready with your supplies.*
- Tell Students: *Now we are going to use this list to pick values to add to the document I wrote my values on. You will pick 1-2 values from the list and write them on your paper.* (Give students 3 minutes to pick their values and write them down.)
- Tell Students/ Share Google Doc: Values Chart: *Now you will share with me what you wrote and I will add it to our Values Chart.* (allow each student to share. If more than one student picks the same word, put the initials of the students that picked that word next to it so you can show that it was selected by more than one person.)

- ❖ Students will be able to collaborate to come up with words that describe values that are important to them.

- Tell Students: *Now you will come up with values to add to the list that you do **not** see. You will use the same sheet of paper and write down values that you think are missing from the list. These could be values that you have or ones that you feel were left out. Once time is up we will share what words we think need to be added. I will give you 5 minutes to brainstorm new value words. Please remain on mute during this time. This is independent brainstorming. You may begin.*
- Tell Students: *I saw how thoughtfully you were working. Now, let's share out what you wrote. As you share I will add your value words to our chart.*





- Google Doc: Values Chart: Have students share what they wrote and type it into the chart as they share.

F. Closure: Values Waterfall

- ❖ This closure is meant to show that values can be the same or different but we are all connected.
 - Presentation: Ahmed Video - He can say how his value led to connections to his choices about how he spends his time.
 - Tell Students: *It really means a lot that we were able to share some of our values with one another. Remember, we all have different values, and we take action based on what we value. On your paper, write the value you connected with the most.*
(Give students 1-2 minutes to do this)
 - Tell Students: *We are going to do a Values Waterfall game as we did at the beginning of the lesson but with your values this time. . Listen to the instructions and then I will tell you when to do each step. You will write the value you wrote on your paper into the chat BUT you will not send it to the chat. You are just going to write it in the box. Then when I say GREEN LIGHT, everyone will hit enter and send their value to the chat so they all show up at once like a waterfall!*
 - Ask Students: *Does anyone have any questions?* (clear up misconceptions)
 - Lesson Presentation Red Light / Tell Students: *Okay, we are going to do step one. Write your value in the chat but do not hit enter or put it in the chat. Everyone write your word now.*
 - Ask Students: *When I say Green Light 3 hit enter or submit to put your word in the chat. 1...2...3!* (Show Green Light slide)
 - Ask Students: *What do you notice about all the values in our chat?* (some are the same, a lot of people picked...,some are different, etc)
 - Tell Students: *Our waterfall shows that if we have the same or different values, we are all still connected. We all have a piece of something to offer.*
 - **Share Screen for Digital Dream Journal page 5: Show and give directions to what the students will do in their digital dream journal below**

G. You Do: Top Values

- ❖ Students will select their top three values.
 - Tell Students: *You will work in your dream journal to reflect on values. You will answer some questions about values and then you will list your top 3 values. Think about the three values that mean the most to you. It doesn't mean that you don't have the other values, it just means that those are some values at the top.*
 - **Optional Extension** - Tell Students: *If you have time, answer the last questions about your values. Those questions are "What are times or places that you acted on these values?" and "What times or places might you act on these values in the future?"*

