



A-Z of Values

Resource 4: Multiple Choice and Art Task Worksheets

Values are what we consider to be of greatest importance in life. Exploring values is about more than naming and defining principles to live by - what we think influences how we behave which, in turn, colours how we feel. Our resources have been designed to facilitate reflection on the emotional and psychological meanings implicit in values as well as what our life principles look like in action.

The **A-Z of Values** series also includes **Resource 1**: An introduction to values, **Resource 2**: Artist-led exercises, and **Resource 3**: 32 worksheets featuring written/verbal exercises + optional art tasks.

All are available to download for free from www.inivacreativelearning.org/collections/resources. You can also visit the **ART LAB** section of the website to see art created on the theme of values in school-based workshops led by artist Shiraz Bayjoo whose work features in our sets of emotional learning cards.

THIS RESOURCE

This resource features 32 worksheets which pair letters of the alphabet with values along with multiple choice questions. **There are no right or wrong answers** - the choices are given to prompt thinking and discussion. The worksheets can be adapted to reflect different themes, ages or abilities and used in the classroom or workshop setting, in verbal therapy sessions as a starting point for conversations or to inspire art or drama therapy exercises. Students /workshop participants can also be asked to relate values to historical figures and/or past/ present periods in history. Therapy clients can be invited to think about their life experiences by extending the exercises to include making personal links. Therapists can facilitate this by saying to their client, *'Tell me about a time when you've felt this way.'*

ART EXERCISE

- Give each pupil/group participant/client a worksheet from the set provided below.
- Ask them to answer the questions posed using the [Emotional Learning Cards](#) as inspiration. And subsequently to make a picture to illustrate specific values in action using whatever medium you choose to make available (eg. drawing, painting, collage, photography etc). Suggest they write a description of their picture or explain it verbally.

CREATING YOUR OWN SET OF CARDS

- Photograph the artwork made. Type up or handwrite and scan / photograph a description of the value and an example of the value in action.
- Print the photographs and mount the written text on the reverse or create the front and back of the cards on a computer programme/ Word Doc and print.
- Laminate the cards and use them as a classroom, workshop or therapy resource.



A is for feeling ACCEPTED

- We can all feel different from others - which difference could make us feel we stand out? *where we're from/ our family background/ our skin colour/ our culture/ our inner feelings and thoughts*
- What does being accepted regardless of our differences feel like? *a warm glow inside / feeling valued/ feeling secure/ feeling we belong*

THE OPPOSITE is feeling REJECTED

- What can cause us to feel most rejected? *being left out/ being teased/ being ignored/ being rejected by a friend or family member*
- If we are rejected, what might be the most painful feeling we could have? *anger/ sadness/ feeling as if we are 'all bad' inside/ shame/ shocked/ disappointment*

ART TASK

- Make a picture showing ACCEPTING DIFFERENCES in action and describe it.



B is for BELONGING

- What could a family or community do which would give everyone the greatest sense of belonging? *have meals together/ do enjoyable things together / share feelings and personal experiences*
- What might we feel most strongly when we know we belong? *good inside/ equal to others/ as if we are known for who we really are/ at peace*

THE OPPOSITE is feeling like an OUTSIDER

- What causes us to feel most like an outsider? *being made fun of/ not being noticed/ never being chosen/ being looked down on*
- What is the worst feeling we might have if we are treated like an outsider? *hopelessness/ anger/ despair*

ART TASK

- Make a picture showing **BELONGING** in action and describe it.



C is for having PERSONAL COURAGE

- What takes the most personal courage? *standing up for someone / taking responsibility for our actions/ admitting when we're in the wrong/ being in touch with all of our feeling, good & bad*
- What might we feel most strongly if we show courage? *proud of ourselves / good inside/ respected*

THE OPPOSITE is lacking personal courage

- What shows the greatest lack of personal courage? *ignoring those who are different/ never admitting our mistakes / refusing to accept we've behaved badly/ never facing uncomfortable feelings*
- If we don't show personal courage, what might we feel most strongly? *shame/ guilt/ no self-respect*

ART TASK

- Make a picture showing **PERSONAL COURAGE** in action and describe it.



D is for DEMOCRACY

- In a democratic nation people have rights. What is most important?
people can vote/ they can choose how to live/ they can choose their religion/ they have all the basic human rights
- What defines a democracy best? *freedom/ opportunity/ having a voice/ equality/ fairness*

THE OPPOSITE is having no freedom

- What would be most difficult to live without? *having no voting rights/ having no choices/ having no personal rights/ having none of the basic human rights*
- What might we feel most strongly if we had no freedom? *trapped/ hopeless/ sad/ unmotivated*

ART TASK

- Make a picture showing **DEMOCRACY** in action and describe it.



E is for having EMPATHY

- What is the best description of empathy? *being understanding/ knowing what others feel/ showing concern for others*
- If we are shown empathy, what might we feel most strongly? *understood/ accepted/ respected/ valued*

THE OPPOSITE to having empathy is to be indifferent or uncaring

- What is a good example of being indifferent? *ignoring another person's troubles/ leaving someone out/ being unforgiving*
- If we are treated in an uncaring way, what might we feel most strongly? *angry/ sad/ ashamed/ confused*

ART TASK

- **Make a picture showing EMPATHY in action and describe it.**



F is for FORGIVENESS

- When do we hope to be forgiven? *when we act thoughtlessly / when we hurt someone's feelings/ when we are cruel*
- What might we feel most strongly when we are forgiven? *relief/ feeling good inside/ accepted/ loved/ as if we aren't 'all bad'*

THE OPPOSITE is blaming others

- What is a good example of blaming others? *never forgiving others/ making others take all the responsibility things go wrong/ refusing to own our part in difficulties*
- If we are blamed for something, what might our strongest feeling be? *hurting inside/ anger/ hopelessness/ shame/ confusion/ guilt*

ART TASK

- Make a picture showing FORGIVENESS in action and describe it.



G is for a **GENEROUS SPIRIT**

- When are we most generous? *when we look for the good in people or in situations/ when share what we have with others/ when we take time to understand others*
- What might we feel most strongly if we are generous? *proud of ourselves/ caring/ considerate*

THE OPPOSITE is being selfish

- What is a good example of being self-centred? *ignoring the needs others/ never including others/ never sharing/ putting our needs and wishes first*
- If we are selfish, what might our strongest feeling be? *guilt / anxiety/ shame*

ART TASK

- Make a picture showing **GENEROSITY** in action and describe it.



H is for HUMILITY

- What is a good description of humility? *we do not act as if we are better than others/ we are modest/ we try to make life fair for everyone*
- What might we feel most strongly if we are humble? *proud of ourselves/ self-respect/ a warm glow inside*

THE OPPOSITE is acting self-important

- What is the most obvious sign of acting self-important? *looking down on others/ bragging/ showing off*
- If we are made to feel less important than others, what might we feel most strongly? *angry/ sad/ ashamed/ valueless*

ART TASK

- Make a picture showing HUMILITY in action and describe it.



I is for INTEGRITY

- What is the best description of behaving with integrity? *being honest/ being sincere/ being trustworthy/ doing what we say we'll do*
- What might we feel most if we have integrity? *pride/ self-respect/ humility/ good inside*

THE OPPOSITE is showing little respect for the feelings or beliefs of others

- What is a good example of behaving disrespectfully? *failing to live by our values/ putting others down/ ignoring the needs of others*
- If we aren't shown respect, what might we feel most strongly? *as if we are not good enough/ unworthy/ angry/ hurt*

ART TASK

- Make a picture showing INTEGRITY in action and describe it.



J is for JUSTICE FOR ALL

- What is a good description of justice? *everyone is treated fairly/ basic rights are respected / laws are followed*
- What do citizens of a just nation feel most strongly? *respected/ treated fairly/ honoured*

THE OPPOSITE is injustice

- In what situation might we believe we are being unjustly treated? *when we are left out/ when we are excluded because we are different/ when our rights are ignored*
- If justice isn't shown, what might we feel most strongly? *angry/ helpless/ discouraged/ fearful*

ART TASK

- Make a picture showing JUSTICE FOR ALL in action and describe it.



K is for KNOWLEDGE OF GOOD & BAD

- What is the best description of behaving well? *being kind/ being understanding/ accepting responsibility for our actions and words*
- When we don't behave well, what might we feel most strongly? *lack of self-respect/ shame/ disappointment in ourselves*

THE OPPOSITE is ignoring what is right & wrong

- What is a good example of ignoring our values? *when we behave unkindly/ when we are thoughtless/ when we are disrespectful*
- When we do not live by our values, what might we feel most strongly? *guilt/ disappointment in ourselves/ low self-esteem*

ART TASK

- Make a picture showing KNOWLEDGE OF GOOD & BAD in action and describe it.



L is for respecting individual LIBERTY

- What best describes liberty? *free to make choices about how we live/ no one is judged for who they are / we have the right to choose how to live*
- What might we feel most strongly if our liberty is respected? *grateful/ trusted/ valued/ respected*

THE OPPOSITE is showing lack of respect towards others for their choices or beliefs

- What is a good example of showing lack of respect? *treating others unkindly/ being thoughtless/ being careless*
- If we are judged negatively for who we are, what do we feel most strongly? *criticised/ hurt/ angry/ ashamed/ as if we are not as good as others*

ART TASK

- Make a picture showing INDIVIDUAL LIBERTY in action and describe it.



M is for MEANINGFUL RELATIONSHIPS

- What are the qualities of a meaningful relationship? *we are open and honest/ we share our feelings/ we work on our disagreements/ we feel wanted and loved*
- What might we feel most strongly when we are in a meaningful relationship? *valued/ trusted/ secure/ loved for who we are*

THE OPPOSITE is failing to give our relationships care and attention

- What best describes an unfulfilling relationship? *we don't feel wanted/ our views are not respected/ we are treated badly*
- If our most important relationship is not going well, what do we feel most strongly? *worried/ upset/ insecure/ confused*

ART TASK

- Make a picture showing a MEANINGFUL RELATIONSHIP in action and describe it.



N is for knowing when to say 'NO'

- What best describes times when we need to be able to say 'no'? *when something doesn't feel right/ when we are under pressure to join in/ when we are asked to do something we know is wrong*
- What might we feel most strongly when we are able to say 'no'? *self-respect/ pride/ good about ourselves*

THE OPPOSITE is going along with things even when we know that it is wrong to do so

- What is a good example of lacking the courage to say 'no'? *when we follow the crowd/ when we do things we shouldn't/ when we let someone push us around*
- If we don't learn how to say 'no', what do we feel most strongly? *lack of self-respect/ guilty about doing the wrong thing/ powerless/ helpless*

ART TASK

- Make a picture showing KNOWING WHEN TO SAY 'NO' in action and describe it.



O is for finding OPPORTUNITIES in life's challenges

- What is the best example of turning a challenge into an opportunity? *we get close to someone through talking about a problem/ a friend gives us support when we feel bad / we resolve a conflict with someone and this deepens our friendship*
- What might we feel most strongly if we find new possibilities in challenges? *hopeful/ uplifted/ positive about life/ good about ourselves*

THE OPPOSITE is getting stuck in hopelessness.

- What is a good description of feeling hopeless when faced with challenges? *we give in to negative thinking/ we give up/ we don't ask for help*
- If we let negative thinking take over, what might we feel most strongly? *life is all bad/ there is no future/ low self-esteem*

ART TASK

- Make a picture showing FINDING OPPORTUNITIES IN LIFE'S CHALLENGES in action and describe it.



P is for PURPOSEFUL LIVING

- What is the best quality of a life with purpose? *life has meaning/ life has direction/ we use our life to make a contribution to society*
- What might we feel most strongly if we have a purposeful life? *inspired/ motivated/ sense of belonging/ uplifted*

THE OPPOSITE is being self-centred and not caring about how we affect others

- What is a good example of a life that is not meaningful? *we make money our main goal/ we fail to make a worthy contribution/ we are not compassionate*
- If we aren't living purposefully, what might we feel most strongly? *unmotivated/ unfulfilled/ bad about ourselves/ bad about life/ selfish*

ART TASK

- Make a picture showing PURPOSEFUL LIVING in action and describe it.



Q is for QUESTIONING the way things are

- What is the best outcome of questioning things rather than just going along with them? *we learn why we do the things we do / we don't pre-judge things / we know when to make changes*
- What might we feel most strongly if we learn to think for ourselves and question things? *self-respect/ positive self-esteem/ empowered*

THE OPPOSITE is never developing our ability to reflect

- What is a good example of behaving unthinkingly? *we don't notice when others are upset or in need/ we don't think about how we affect others/ we don't care for our environment*
- If we don't learn to think and reflect, what might we feel most strongly? *no sense of community/ no power to change things/ controlled by others/ lack of curiosity*

ART TASK

- Make a picture showing QUESTIONING the way things are in action and describe it.



R is for RESPECTING THE RULE OF THE LAW

- What is the best reason for having laws? *to ensure that people show consideration for others/ to tell us what can and cannot be done/ to protect us*
- What might we feel most strongly if we respect the law? *good about ourselves/ pleased that we are living our values/ grateful for having laws to guide and protect us*

THE OPPOSITE is ignoring society's rules

- What is a good example of ignoring society's rules? *putting people down because of their differences/ being aggressive/ disregarding the rights of others*
- If we are treated badly, what do we feel most strongly? *as if we don't belong/ looked down on/ hurting inside*

ART TASK



- Make a picture showing **RESPECTING THE RULES OF THE LAW** in action and describe it.



S is for contributing to SOCIAL CHANGE

- What is a good example of social change? *making laws to protect the rights of workers / changing attitudes towards women/ respecting different kinds of relationships*
- What might we feel most strongly if we contribute to social change? *life has purpose/ we are responsible/ we can make a difference*

THE OPPOSITE is failing to contribute to social change

- What is the best description of not taking responsibility for making positive changes? *never speaking up/ never making a commitment to others who are trying to change things/ failing to vote*
- If we don't contribute to our family or community, what might we feel most strongly? *lack of worth/ undervalued/ not quite belonging/ guilty*

ART TASK

- Make a picture showing **CONTRIBUTING TO SOCIAL CHANGE** in action and describe it.



T is for TOLERANCE

- What best describes tolerance? *we do not judge others/ we accept that things will not always go our way/ we know that life can be painful but we don't complain*
- What might we feel most strongly if we are tolerant? *compassion for others/ humility/ self-respect/ pride*

THE OPPOSITE is being intolerant

- What is a good example of being intolerant? *judging others negatively/ complaining when life presents challenges/ seeing everything as unfair*
- If we are intolerant, what might we feel most strongly? *frustrated/ unfulfilled/ bad about ourselves/ no sense of dignity*

ART TASK

- Make a picture showing TOLERANCE in action and describe it.



U is for UNDERSTANDING our place in the world

- What is the best description of how we make sense of our place in the world? *we think about who we are now and who we want to become in the future/ we reflect on our personal qualities/ we know what we feel*
- When we make time to reflect like this, what might we feel most strongly? *at peace with ourselves/ in touch with our emotions/ accepting of who we are*

THE OPPOSITE is never thinking about what makes us who we are

- What is the worst outcome of never thinking about ourselves? *not knowing our best qualities/ not understanding our own personality/ not knowing right from wrong*
- If we never think about our identity, what might we feel most strongly? *cut off from our sense of self/ distant from our innermost feelings/empty inside*

ART TASK

- Make a picture showing UNDERSTANDING OUR PLACE IN THE WORLD in action and describe it.



V is for VALUING OUR ENVIRONMENT

- What is a good example of valuing our environment? *looking after our cities, towns and countryside/ being mindful of what we use/ thinking about how we dispose of what we no longer need*
- What might we feel most strongly if we take care of our planet? *that we are responsible/ that we are kind/ that we have self-worth*

THE OPPOSITE is living for the moment without caring about what we are leaving behind for the next generation

- What shows the most lack of respect for the environment? *leaving rubbish on the streets/ driving everywhere/ not thinking about our planet's future*
- If we don't care for our world, what might we feel most strongly? *selfish/ bad inside/ guilty/ ashamed*

ART TASK

- Make a picture showing VALUING OUR ENVIRONMENT in action and describe it.



W is for showing WILLINGNESS

- What is a good description of showing willingness? *we try even when we don't want to/ we are willing to look after ourselves/ we take the needs of others into consideration/ we take on new challenges*
- What might we feel most strongly if we show willingness? *proud of ourselves/ self-respect/ brave/ self-love*

THE OPPOSITE is being unwilling to work on ourselves

- What most shows we aren't willing to work on our personal development? *we do not develop self-reflection/ we ignore our feelings/ we don't think about life/ we are not curious about ourselves*
- If we are unwilling to work on ourselves, what might we feel most strongly? *depressed/ hopeless/ helpless/ low self-esteem/ stuck*

ART TASK

- Make a picture showing WILLINGNESS in action and describe it:



X is for eXploring emotions

- Uncomfortable emotions are difficult to feel. Which is hardest to admit to? *anger/ jealousy/ fear/ shame/ sadness*
- If we learn to talk about openly our emotions, what might we feel most strongly? *closer to others/ a sense of belonging/ equal to others/ at peace*

THE OPPOSITE is never thinking about our feelings

- What is a good description of not facing our feelings? *we refuse to talk about hurt or confused feelings/ we fail to own our part when things go wrong/ we find ways to distract ourselves so we don't have to feel anything*
- If we ignore our emotions, what might we feel most strongly? *empty/ cut off/ depressed/ lifeless/ alone in the world*

ART TASK

- Make a picture showing EXPLORING EMOTIONS in action and describe it:



Y is for YET TO ACHIEVE

- What is the best description of discovering our potential? *making the most of our good qualities/ identifying our strengths/ accepting what we aren't good at/ always being willing to try*
- What might we feel most strongly if we work towards goals? *committed/ purposeful/ inspired/ motivated*

THE OPPOSITE is never stopping to think about what we can do with our strengths

- What is a good example of not thinking about our direction in life? *doing just enough to get by/ never really trying/ avoiding planning ahead*
- If we look back on our life when we're older, what might we feel if we've not made the most of ourselves? *disappointment/ regret/ shame/ anger/ guilt*

ART TASK

Make a picture showing YET TO ACHIEVE in action and describe it.



Z is for ZEST for life

- What is a good description of having zest for life? *being able to get through the bad times and staying positive/ learning from our mistakes/ taking every opportunity offered*
- What might we feel most strongly if we have zest for life? *enthusiasm/ loving attitude/ inspired/ motivated*

THE OPPOSITE is focusing only on the negative.

- What is the worst thing about being negative? *our lives get stuck/ we lose friends/ we are unhappy*
- If we are always focusing on the negative, what might we feel most strongly? *disappointed in life/ left behind/ uninspired/ as if life has nothing to offer us*

ART TASK

- Make a picture showing **ZEST FOR LIFE** in action and describe it.



EXTRA LETTERS
are included
on the next 5 pages...



B is for BENEFITTING EVERYONE

- What is a good description of a caring society? *we look after those who are in need/ there are equal opportunities for all/ everyone feels committed to life values*
- What might we feel most strongly if we contribute to making our society a caring one? *a sense of belonging/ gratitude/ a sense of achievement*

THE OPPOSITE is if only a few people benefit

- What is the most common reason some people benefit more than others? *they have more money/ they are considered to be important/ they take more than their fair share/ they are educated*
- If we believe society doesn't benefit us, what do we feel most strongly? *left out/ angry/ as if we don't fit in/ jealous of those who do benefit*

ART TASK

- Make a picture showing BENEFITTING EVERYONE in action and describe it.



D is for DETERMINATION

- What is the best description of determination? *trying even when we fail/ accepting that things don't always go our way/ setting life goals and committing to them*
- What might we feel most strongly if we show determination? *self-respect/ we are living by our values/ positive self-esteem/ pride in our actions*

THE OPPOSITE is giving up when we encounter challenges

- What is a good example of a situation in which someone might lose their determination? *when we get critical feedback/ when we fail at something/ when we get stuck/ when friends or family leave us*
- if we give upon important life goals, what might we feel most strongly? *disappointment in ourselves/ shame/ hopelessness/ unmotivated*

ART TASK

Make a picture showing DETERMINATION in action and describe it.



G is for GOOD COMMUNICATION

- What is the best description of good communication relationships in families, schools and friendship groups? *sharing our thoughts and feelings honestly/ clearing up misunderstandings/ respecting each other's rights to their own opinion/ talking about feelings instead of acting on them*
- What might we feel most strongly if we communicate well? *understood/ connected to others/ self-respect/ loved*

THE OPPOSITE is communicating poorly

- What is a good example of poor communication? *we don't take the time to choose our words carefully/ we don't respond respectfully/ we don't express ourselves honestly/ we don't ask questions*
- If we don't build our communication skills, what might we feel most strongly? *left behind/ misunderstood/ confused/ as if no one feels as we do*

ART TASK

- Make a picture showing GOOD COMMUNICATION in action and describe it.



R is for being RELIABLE

- What is the best description of reliability? *doing what we say we'll do/ being trustworthy/ not letting ourselves or others down*
- What might we feel most strongly if we are reliable? *a sense of dignity/ proud of ourselves/ confident that we are good inside*

THE OPPOSITE is being unreliable

- What is a good example of being unreliable? *we tell big or little lies a lot/ we cheat when we can/ we gossip about others/ we are not true to our word*
- If are unreliable, what might we feel most strongly? *guilt/ shame/ lack of dignity/ as if we are mostly bad inside*

ART TASK

- Make a picture showing **RELIABILITY** in action and describe it.



S is for SELF-CONTROL

- What is the best description of self-control? *we take only our fair share/ we do not lose control of our emotions/ we can manage our anger*
- What might we feel most strongly if we exercise self-control? *respected by others/ empowered/ a sense of dignity/ self-respect*

THE OPPOSITE is having little or no self-control

- What is a good example of lacking self-control? *we don't care how we communicate/ we don't think - instead, we react/ we express our anger very aggressively/ we are greedy*
- If we don't show self-control, what might we feel most strongly? *overwhelmed by our emotions/ lack of dignity/ as if we are mostly bad inside/ guilty/ ashamed*

ART TASK

- Make a picture showing SELF-CONTROL in action and describe it.