

# SOARS LESSON PLAN

(9:16 – 10:00)

## Lesson Plan 3- Self-Respect and Values

### **Introduction/Ice Breaker-**

-Give students a few scenarios (handout will be provided) to discuss with a partner. Students should decide what advice they should give to the individuals in the scenarios. Discuss results as a class.

-Have you ever been in similar situations? Have you followed the advice that you would have given to the people in the stories? If not, what needs to change in your decision-making? Write down one thing you have done recently that did not make you proud of yourself.

### **Lesson –**

-What are values?

-Have students follow the directions on this website to discover what is important to them. Through this process, students will find an explanation of values, and they will discover what is important to them.

[http://www.mindtools.com/pages/article/newTED\\_85.htm](http://www.mindtools.com/pages/article/newTED_85.htm)

### **Closure –**

-Have students write a short note to themselves on two areas they need to improve in their lives so that they are staying consistent with their goals and values.