

MY VALUES



AIMS

In this lesson you will:

- Think about inspirational people/ role models and examine their values.
- Consider WHY these people are inspirational and HOW they have impacted on our lives.
- Examine the values of another person you know and how he/she is an inspirational person.



OUTCOMES

At the end of this lesson you will be able to:

- Define 'Values'.
- Identify what an inspirational person is.
- Describe some of the values an inspirational person has.
- Evaluate how inspirational people/ role models impact on the lives of others.
- Describe an inspirational person you know.



WHAT ARE VALUES?

Values are principles or standards of behaviour;
one's judgement of what is important in life.

Examples:

Dependability

Reliability

Open-mindedness

Consistency


Loyalty

Commitment

Kindness

Honesty

WHAT IS AN INSPIRATIONAL PERSON?

A large black silhouette of a person's head and shoulders, facing forward. It is positioned on the right side of the page, partially overlapping the definition text.

An inspirational person is an individual whose values and actions set a positive example for others. An inspirational person has set admirable goals and has worked hard to achieve them. This person is admired for his or her positive qualities and contributions.

INSPIRATIONAL PEOPLE

There are images of eight inspirational people located around the classroom.

In pairs (with the person beside you) identify

- 
1. **Who the inspirational person is.**
 2. **What they did**
 3. **Why they are inspirational people.**

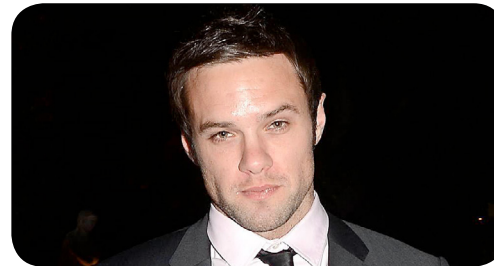
Complete Worksheet
“My Name is and I...?”
as you are circulating around
the classroom.

FEEDBACK FROM STUDENTS



WHO'S WHO?

Consider these pictures – why might these people be considered inspirational?



MY NAME IS & I.....?



**I am Michael D Higgins.
I am the President of Ireland.**



**I am Niall Breslin (Bressie)
I am a musician and mental
health awareness activist.**



**I am Stephen Hawking,
theoretical physicist,
cosmologist, and author.
Having motor neuron disease,
I am a role model for
disabled people.**



**I am Katie Taylor.
I am a two-weight world
boxing champion.**

MY NAME IS & I.....?



**I am JK Rowling.
I am an author who has
turned rejection into
success.**



**I am Sir David Attenborough
I showcase the natural world
in the hope we might be
inspired to preserve it.**



**I am Greta Thunberg.
I am an environmental activist
on climate change and my
campaigning has gained
international recognition.**



**I am Barack Obama.
I was the first black
person to be the President
of the United States of
America.**

OVER TO YOU....

Think about someone you know who is a role model/inspirational in your life (such as a family member, an older friend, a coach or a teacher).

OVER TO YOU.... INTERVIEW

In pairs (with the person beside you) please interview your partner, asking your partner questions about their inspirational person.



- Who is your inspirational person?
- What words describe this person best?
- Why is this person inspirational?
- Give an example of when this person's values/ qualities were most seen.
- What can you learn from this person?
- How do you feel when you are with this person?
- Have you ever thanked this person for being such a good role model?

SOME QUALITIES TO DESCRIBE AN INSPIRATIONAL PERSON

Courageous

Sensitive

TRUSTWORTHY

Positive

Dependable

Cautious

Energetic

HUMEROUS

Patient

Grateful

Loyal

Thoughtful

Compassionate

RESPONSIBLE

Honest

Generous

Kind

FAIR



REVIEW

Can you

- Define 'Values'.
- Identify what an inspirational person is.
- Describe some of the values an inspirational person has.
- Evaluate how inspirational people/ role models impact on the lives of others.
- Describe an inspirational person you know