

# The AST PRE Curriculum

## Teacher Resource Sheet 7.1.1b (2) “Six Values and the Carousel Exercise”

### A. Preparation

The following six headers (see right) are to be written at the centre of each ‘flower poster’

Subsequently, please write the other 36 items on 36 cards (preferably in the shape of the petal). To print these, please see Exercise Sheet 7.1.1b (2).

You might wish to pencil an inconspicuous code on the back of each, so you know which value-group it belongs to (e.g. empathy = a, self-discipline b, and so on.) You may also order them in order of difficulty, i.e. a1 - a6, b1-b6, etc.

For a sample completed sheet, see over page.  
Thank you!

### B. The Exercise

Give each of six groups one flower poster (each representing one of six values, as written in the centre of the flower)

Give each group a pile of six petals (one for each value)

(You might make sure that they are arranged so that they first deal with the easier ‘answers’.)

Ask each group to decide which petal-card belongs to the poster it now has; members should then attach it to the poster (e.g. with Blu-tack).

If a group finishes quickly, members should complete the extension exercise.

After 4-5 minutes, ask student to pass on the partially-completed poster to the next group (moving in a clockwise direction). It We suggest you use an audio device, such as a bell.

Repeat the task (i.e. six times in all).

After the group work itself, post the completed work and debrief as needed. (These 6 posters might make for a useful display to help unconsciously embed the 6 values.)

### 1. Empathy

If a friend is upset, I talk to them  
I care about everyone  
I share things with my friends  
I think about how others feel  
I listen carefully to people  
If friends are stuck with their work, I help them

### 2. Self-discipline

I am mindful  
I enjoy yoga and meditation  
I am clean and tidy  
I am on time  
I do my best at school  
I am patient

### 3. Respect

I am polite  
I am well-behaved  
I am careful with school property  
I see something special (sacred) everywhere  
I treat everyone as if they are special  
I respect all other people, living beings and nature.

### 4. Integrity

I don't lie  
I am honest  
I keep my promises  
I am trustworthy  
I stick to my values, even if it's difficult  
My actions match my words and my beliefs

### 5. Courage

I am not afraid to learn from my mistakes  
I am confident  
I am optimistic  
I take risks  
I do things that might frighten me  
I'm not afraid to ask questions

### 6. Gratitude

I say ‘thank you’  
I am happy with what life gives me  
I am thankful for the beauty of nature  
I really appreciate having good friends  
I think my parents are kind to look after me  
For me, life is a celebration (for what we have been given).

C. Sample Flower-Value Poster (Completed)

