

# This sticks TO ME



Taps into: Students' personal values.  
Resources needed: Sticky notes. "What sticks to you" activity sheet (page 3 of this document).

## Introduce the activity

**Part 1.** We all have parts of who we are that matter a lot to us. These are our values, or parts of who we are that are at the core of us. Our core values stick to us even in the harshest contexts, like when we feel threatened or overwhelmed.

**Part 2.** When we talk about what we value most about ourselves, we get to better understand who we are. When we explain an important value for us (who we are/ who we want to become) to a classmate, they will understand us better and we can see how similar or different we are from each other.

**Part 3.** Reflecting on how people around us are similar to or different from us helps us become aware of how much diversity is in the world. Let's take a look at what you discovered about each other.

## Do the activity

**Part 1.** Each of you received one sticky note. On the sticky note, write down the answer to this: "The one thing about me that I like to take everywhere is that it is important to me to be a \_\_\_\_\_ kid."



## Do the activity

**Part 2.** Pick a classmate to talk about what you value quite a bit about yourself. Use this activity sheet (“What sticks to you”) to help you talk about your value and then listen about your mate’s value.

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**Part 3.** On the activity sheet, circle the information about your classmate that is new to you in green. Then circle in blue the information that is similar to who you are. What did you find out about each other?

## TIP FOR TEACHERS

You can use this prompt to help kids > Our values are what we aspire to become, not necessarily something that we do well in the present. You can encourage students to pick a classmate who they do not know that well.



## CELEBRATE THE ACITIVITY



Look at the values that STICK to each of your classmates. Are they like yours or are they different?

Which are the people and situations that support WHAT STICKS TO YOU?  
Which are the people and situations that block WHAT STICKS TO YOU?

## What sticks to you? Activity Sheet

"The one thing about me that I like to take everywhere is that it is important to me to be a \_\_\_\_\_ kid."

I want to be like this especially WITH  
(people) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I want to be like this especially WHEN  
(situations) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

It is hard for me to be like this especially WITH  
(people) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

It is hard for me to be like this especially WHEN  
(situations) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_