



# Elmbridge Schools Values Trail

## belonging

*Think:* What are some of the groups or organisations you belong to (e.g. school/clubs/family)? What does it feel like to be part of these? Why are they important to you?

*Do:* Take a selfie of everyone in your group who is doing the Values Trail today. If you would like to share it, post it on our Facebook or Twitter page with the hashtag #whatisavalue (please check you have permission for everyone in the photo!)

## freedom

*Think:* What things do you have the freedom to do today? If you could choose one place to go in the town where would you go and what would you do?

*Do:* Next time you get to visit somewhere special, take some time to thank the people who work there or the people who have taken you. Take some time to appreciate the fact that you have the freedom to visit.

## simplicity

*Think:* How much of your time do you spend on your phone/computer/games console/tablet? Could you purposely put aside some time each week as a family to do something else? What would you choose to do?

*Do:* Look around where you are standing. See you if you can notice something that you have never seen before.

## care and compassion

*Think:* How do you care for yourself? What things do you need to do to make sure you are happy and healthy. Are these things the same for everyone in your group?

*Do:* When you get home, show a friend or neighbour you care by writing them a little note to say why you appreciate them.

## honesty

*Think:* Imagine you found a £10 note on the ground while walking the Values Trail. What would you do?

*Do:* On the way to the next banner, give someone else in your group an honest compliment. How does it make you feel? How did it make them feel?

## responsibility

*Think:* What responsibilities do we all have to look after our town and the world around us? What can we do to keep it a safe, happy place for people to visit?

*Do:* Join in a community litter pick and contribute to keeping your town a tidy and clean place to visit.

## #whatisavalue

## co-operation

*Think:* What do you need to do to be a good team member and show co-operation? Do you show these skills when you are at home and school?

*Do:* At home, find a job that needs doing and work together with your family to complete it.

## peace

*Think:* At what times of day do you feel most peaceful? What sort of things make it hard for you to be peaceful?

*Do:* Take a minute to be peaceful right now. Concentrate on your breathing, close your eyes and see what sounds you can hear all around you.

## understanding

*Think:* Do you think you are a good listener? What things do you need to do to show the person you are speaking to that you are listening and understand what they are saying?

*Do:* Find out from someone on your group what their favourite food or earliest memory is.

