

MY VALUES

Values are the things in life that you feel are **most important**. While one person might value their family relationships above all else, another person might value being honest even when it's hard.

What matters most is different for everyone, and there's no "correct" answer for what yours should be.



BEFORE YOU BEGIN

1. Print and cut out a set of cards for each player
2. Print one copy of the 'What's Important to Me' page for every two players.

 *No printer? Take a sheet of paper and make your own cards!*



HELPFUL GUIDELINES

There are no wrong answers.

This game encourages kids to explore their values and learn how to listen to their own inner voice.

When grownups play along, it helps kids follow their lead.

You might learn something about yourself too!

Surprised by an answer?

The best response is: "Help me understand why."

This is a safe space:

Things said in this game can't be used in an argument or "as a gotcha". This is for learning about yourself without fear of judgment or others' reactions.

Have Fun!

There is no right or wrong way to play this game, and there is no set amount of time you need to play. Do what feels best for your group.

GAME INSTRUCTIONS

ROUND ONE

Ages 7–120

1

SET UP

Each player gets a set of cards and a “What’s Important to Me” page.

2

PLAYERS SORT THEIR CARDS INTO FOUR PILES

Every card goes into one of the four piles.
THIS IS ME! SOMETIMES ME. NOT ME. NOT ME...YET.
Go with your gut. There’s no need to overthink it.

3

PICK YOUR TOP THREE VALUE CARDS

From your THIS IS ME! pile, choose the three that feel most true to you.
Everyone places their three on the table at the same time.

4

EVERYONE CAN SHARE WHAT THEY CHOSE

Pick ONE of the three value cards and say why you chose that one.

What it can sound like: “I picked KEEPING MY WORD because it bothers me when my friends say they will come over but don’t. I try to make sure to follow through with what I tell people I will do.”

MORE WAYS TO PLAY

SPOTTED

Pick one card from your top three and place it in the middle. Then, someone else shares a time they saw you live out that value.

IT MIGHT SOUND LIKE:

"That is so you. Like when you stayed back to help Bubby carry everything inside, even though no one asked."

All Ages

FOR THE SHABBOS TABLE

Everyone gets to share a way one of their values showed up for them this week.

THIS CAN SOUND LIKE:

"Remember when I helped Chaim find his bike? That was how my kindness showed up this week."

All Ages

THE SQUEEZE

Take two of your cards and think of a time when those values pulled you in different directions.

*Loyalty and honesty.
Humor and kindness.*

Which one guided your choice that day? Now that you have named both values, would you do anything differently?

For Teens

FORWARD THINKING

Everyone chooses one of their top three cards.

Go around the table and take turns finishing the sentence:
"One way I want this value to show up this week is..."

All Ages