

The Value Minute®



The Value Minute® for Education.

Many school systems have incorporated a focus on character in the classroom. Schools have seen the benefits from having teachers who practice good values as well as from instilling value awareness in students. Students are better at conflict resolution, more empathetic to other students, better thinkers and more responsible for their own actions. By giving teachers relevant examples to ponder, they will be better equipped to interact with their students and other faculty members. And since the content of The Value Minute is applicable to all ages, teachers will be able to easily adapt the features for discussion within any age group.

Sample Values for Education Features

- **Where Does Civility Begin?**

Six out of ten teachers in one state think the problem of incivility in their schools is serious. More kids are swearing, talking back, and physically assaulting fellow students and adults. Experts say people learn civility by observing civility in others. We copy the examples of people who are important to us. If we think that more civility in our relationships would make things better, to whose examples should we look?

What kind of example of civility are you?

- **Expect the Best**

A group of kids with about the same IQ were told they had done exceptionally well on tests and were likely to be high achievers. Their high potential was continually reinforced. Later, their achievements were compared with those of their peers. The positively reinforced group did better. Many coaches challenge athletes with ordinary capacities to attain extraordinary achievements. We tend to reach for the levels pointed to by those whom we respect.

Are you setting high expectations for yourself and others? How do you do it?

- **Is “Playing” a Value?**

A value is a character-building practice that we take seriously. Is “playing” a value? Should we take it as seriously as we do practicing accountability, caring, and honesty? Fran Greenfield in *Spirituality & Health* says that the absence of play “can jeopardize children’s ability to handle stress and compromise their immune systems.” She cites a University of Michigan report that “during the last twenty years, kids’ daily playtime has been downsized by four hours.”

Do you spend much time playing? How can play build character?