



Parents of Preschoolers

Video Session One: What Do We Value?

Introduction

Our family culture is made up of values we hold and the rituals we practice. In this session we'll be taking a look at the beliefs, principles, and ideals that are important to you. This worksheet may be used alone or in conjunction with the session video.

Question

Consider the values listed below. Which ones most resonate with you? Are there values that don't appear here? If so, feel free to make note of them on the following page.

Invitation

On the next page, write down the values that hold the most significance to you. This week, spend time noticing how they tend to show up in your daily life. When do you find yourself practicing or modeling them?

Values

kindness * gratitude * curiosity * humility * joy
creativity * justice-making * honesty * loyalty
openness * fun * perseverance * compassion
understanding * balance * authenticity * wisdom *
UU identity * conservation * adventure * courage

Session One: Notes

Which values are most important to you? When do you notice yourself practicing them? Feel free to take notes here.

