

FOREWORD

Values education in schools is crucial for developing future citizens of good character. The *Values education toolkit*, featuring the *Six kinds of best* concept, is a series of five books expressly designed to assist the teaching of values education in primary and lower secondary schools. The varied activities in this book extend across all major learning areas and will have relevance for a wide range of student learning styles and intelligences.

Titles in this series are:

- *Values education toolkit — Ages 4–6*
- *Values education toolkit — Ages 6–8*
- *Values education toolkit — Ages 8–10*
- *Values education toolkit — Ages 11+*
- *Values education toolkit — Lower secondary*



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TEACHERS NOTES

What are values?

Values are ideals that guide our behaviour and decisions, and help us distinguish between what is right or wrong. They outline what is important to us in terms of our conduct, our interaction with others and how we might live our lives in a meaningful way. Values give us a guiding framework by which to lead our lives. People who engage in antisocial behaviour often lack a values framework.

Why teach values?

Developing good values gives us a structure to guide our conscience and helps us make good choices. If we have strong values and are put in challenging situations, we are more likely to make good decisions according to those values. Developing strong values also helps address our spiritual needs and self-esteem by giving us a personal sense of identity and direction. In addition, it helps develop a sense of responsibility for the consequences of our own behaviour and how our actions might affect ourselves, others and the environment.

Teaching values in schools is a proactive approach towards managing student behaviour. It gives students effective strategies to help them lead happy and successful lives.

Values can be incorporated into a whole-school approach and can include:

- encouraging staff to model good values,
- including values in the school vision and mission statements,
- creating a school motto, slogan or ethos based on specific values,
- displaying values posters,
- including values in school reward systems,
- including values in structured classroom guidelines such as class rules,
- introducing ongoing values education programs,
- integrating the teaching of values into all curriculum learning areas,
- collating and using resources for specific values education lessons,
- inviting guest speakers to the school,
- including values-based activities in pastoral care programs, and
- teaching values incidentally during class or recess times.

Values education encourages students to become 'nice human beings'.

Values within school curriculums

Generally speaking, there are nine agreed values to be incorporated into school curriculums.

These are:

Care and compassion

Doing your best

'Fair go'

Freedom

Honesty and trustworthiness

Integrity

Respect

Responsibility

Understanding, respect and inclusion.



The 'Six kinds of best' concept incorporates all these values.

The 'Six kinds of best' concept

The 'Six kinds of best' is a model that outlines six core values for becoming a person of good character and for leading a happy and successful life. It frames these core values in a way that students, teachers and parents can remember and apply in everyday situations. It provides 'anchoring points' upon which we can reflect when faced with decision-making situations and helps us make good choices. It may be considered as a 'recipe for life'.

The 'Six kinds of best' are:

Be KIND to yourself	(Respect yourself)
Be KIND to others	(Respect others)
Be KIND to the environment	(Value the environment)
Be the learning KIND	(Seek knowledge)
Be the achieving KIND	(Achieve your potential)
Be the community KIND	(Contribute positively to society)



THE SIX KINDS OF BEST

Values Framework

SIX CORE VALUES

① Be KIND to Yourself <i>Respect yourself</i>	② Be KIND to others <i>Respect others</i>	③ Be KIND to the environment <i>Value the environment</i>	④ Be the Learning KIND <i>Seek knowledge</i>	⑤ Be the Achieving KIND <i>Achieve your potential!</i>	⑥ Be the Community KIND <i>Contribute positively to society</i>
KEY POINTERS					
<p>1. Be proud of your uniqueness</p> <p>2. Develop a sense of identity (<i>know what is important to you</i>)</p> <p>3. Know your strengths and work on your weaknesses</p> <p>4. Exercise</p> <p>5. Eat well</p> <p>6. Sleep well</p> <p>7. Take time to relax</p> <p>8. Minimise risk</p> <p>9. Keep learning and growing</p> <p>10. Strive for success (<i>and get some ego fix!</i>)</p> <p>11. Love, and value the love of, others</p> <p>12. Develop a circle of quality friends</p> <p>13. Stand up for yourself (<i>be confident/bold/browsable</i>)</p> <p>14. Make good choices</p> <p>15. Forgive yourself if you make mistakes</p> <p>16. Be positive</p> <p>17. Be useful (<i>find you will feel good about yourself</i>)</p> <p>18. Have some fun</p> <p>19. Be proud of the things you say and do</p>	<p>1. Value relationships</p> <p>2. Respect the rights of others</p> <p>3. Be polite and use good manners</p> <p>4. Praise people who do things well</p> <p>5. Develop good people skills</p> <p>6. Build and maintain relationships</p> <p>7. Be tolerant and understanding of others</p> <p>8. Respect other points of view</p> <p>9. Don't bully or put others down</p> <p>10. Seek a 'fair go' for all</p> <p>11. Manage and resolve conflict</p> <p>12. Cooperate and be a team player</p> <p>13. Support and include others</p> <p>14. Value family life</p> <p>15. Treat others the way they need to be treated</p>	<p>1. Be positive about learning</p> <p>2. Seek knowledge about yourself</p> <p>3. Discover what you're good at and enjoy doing</p> <p>4. Do things to the best of your ability</p> <p>5. Pursue quality and personal excellence</p> <p>6. Use your talents</p> <p>7. Develop a sense of purpose</p> <p>8. Manage your time wisely</p> <p>9. Manage your money wisely</p> <p>10. Set worthwhile goals and make plans to achieve them</p> <p>11. Show persistence and self-belief to achieve your goals</p> <p>12. Support reconciliation</p> <p>13. Share and care</p> <p>14. Contribute to research</p> <p>15. Communicate effectively and clearly</p> <p>16. Be a good role model</p> <p>17. Be a good citizen</p> <p>18. Promote equality and justice</p> <p>19. Encourage and support our cultural heritage</p>	<p>1. Have a goal</p> <p>2. Try lots of different things</p> <p>3. Discover what you're good at and enjoy doing</p> <p>4. Do things to the best of your ability</p> <p>5. Show integrity—develop a sense of what's morally right, and act that way</p> <p>6. Be useful</p> <p>7. Get involved in the community</p> <p>8. Serve for justice and a 'fair go' for all</p> <p>9. Share and care</p> <p>10. Support reconciliation</p> <p>11. Contribute to research</p> <p>12. Support freedom</p> <p>13. Strive for peace</p>	<p>1. Behave repeatedly</p> <p>2. Respect authority</p> <p>3. Follow rules</p> <p>4. Be honest and seek the truth</p> <p>5. Show integrity—develop a sense of what's morally right, and act that way</p> <p>6. Be useful</p> <p>7. Get involved in the community</p> <p>8. Serve for justice and a 'fair go' for all</p> <p>9. Share and care</p> <p>10. Support reconciliation</p> <p>11. Contribute to research</p> <p>12. Support freedom</p> <p>13. Strive for peace</p>	<p>1. Behave repeatedly</p> <p>2. Respect authority</p> <p>3. Follow rules</p> <p>4. Be honest and seek the truth</p> <p>5. Show integrity—develop a sense of what's morally right, and act that way</p> <p>6. Be useful</p> <p>7. Get involved in the community</p> <p>8. Serve for justice and a 'fair go' for all</p> <p>9. Share and care</p> <p>10. Support reconciliation</p> <p>11. Contribute to research</p> <p>12. Support freedom</p> <p>13. Strive for peace</p>

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TEACHERS NOTES

The 'Six kinds of best' affirmation

The 'Six kinds of best' affirmation is a series of actions which reinforces the six core values in a memorable and fun way. Reciting the affirmation engages visual, auditory and kinaesthetic learners.

I am one of a kind.

(Right index finger in the air in front of body.)



I am kind to myself.

(Clenched fist over heart.)



I am kind to others.

(From clenched fist over heart, swing right arm clockwise and point outwards.)



And I am kind to the environment.

(Touch left index finger to right index finger—Auslan sign language for 'E'.)



I am the learning kind.

(Have left hand flat, palm upwards, waist height—like a book. Take right hand and sweep the left hand with the back of your hand and swing your hand up to touch the top of your head—putting the information from the book into your head.)



I am the achieving kind.

(Point upwards—aim for the stars.)



And I am the community kind.

(Form an 'X' shape in front of your body with your fingers—like a house.)



And I

(Point to yourself and touch your chest.)



Love

(Hug yourself.)



Life!

(Hands and arms outstretched above your head.)



'SIX KINDS OF BEST' CHECKLISTS

Teacher – student self-reflection checklist

Name _____

Go through the list, tick the appropriate boxes and see how you rate. You will notice a profile that will indicate which of your values are strongly developed, and which areas you need to improve.



① Be kind to yourself	Strongly agree	Agree	Disagree	Strongly disagree
1. I am proud of my uniqueness				
2. I have a strong sense of identity				
3. I know my strengths and work on my weaknesses				
4. I exercise regularly				
5. I eat well				
6. I sleep well				
7. I take time to relax				
8. I minimise risks				
9. I like learning				
10. I strive for success				
11. I love, and value the love of, others				
12. I have a circle of quality friends				
13. I stand up for myself				
14. I make good choices				
15. I forgive myself if I make mistakes				
16. I am positive				
17. I am useful				
18. I have fun				
19. I am proud of the things I say and do				

② Be kind to others	Strongly agree	Agree	Disagree	Strongly disagree
1. I value relationships				
2. I respect the rights of others				
3. I am polite and use good manners				
4. I praise people for what they do				
5. I work at building and maintaining relationships				
6. I am tolerant of other's understanding of difference				
7. I respect other's point of view				
8. I don't bully or put others down				
9. I seek a fair go for all				
10. I try to manage and resolve conflict				
11. I cooperate with others				
12. I support and include others				
13. I value family life				
14. I treat others the way they need to be treated				

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'SIX KINDS OF BEST' CHECKLISTS

Name _____

③ Be kind to the environment	Strongly agree	Agree	Disagree	Strongly disagree
1. I clean up after myself				
2. I don't pollute the land, air or waterways				
3. I recycle and don't waste				
4. I don't waste water				
5. I conserve energy				
6. I care for natural habitats, wildlife and endangered species				
7. I use environmentally friendly products				
8. I use environmentally friendly energy sources				
9. I use resources that can be replaced				
10. I value our cultural heritage				

④ Be the learning kind	Strongly agree	Agree	Disagree	Strongly disagree
1. I am positive about learning				
2. I seek knowledge about myself, others and the world around me				
3. I recognise the value of knowledge				
4. I have an enquiring mind—I am curious				
5. I know how I learn best				
6. I have an open mind				
7. I am a critical thinker				
8. I have a global perspective				
9. I seek learning opportunities everywhere				
10. I learn from my mistakes				
11. I am a lifelong learner				

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Trouble in the jungle



Larry was the biggest lion cub in the jungle. He was stronger and rougher than the other cubs and when he roared loudly, you could see that he already had lots of very sharp teeth. Some of the other cubs didn't like him and didn't want to play with him. He knew this and it made him cross and bad-tempered.

One of the smaller cubs, Lee, was the one that Larry would always pick on. Larry would hide in the jungle and wait until Lee walked past, then he would pounce on him and bite his tail or scratch his neck. If Lee was eating something tasty, Larry would take it off him and eat it himself.

Lee was very frightened and scared and he cried a lot. He just didn't know what to do. He tried to stay away from Larry, but that didn't work because Larry kept finding him. His life was very miserable.

At last Lee decided that he had to do something about his problem so he told his uncle, Lee senior, who was a very wise old lion who had lived in the jungle for a long time and he had seen many things.

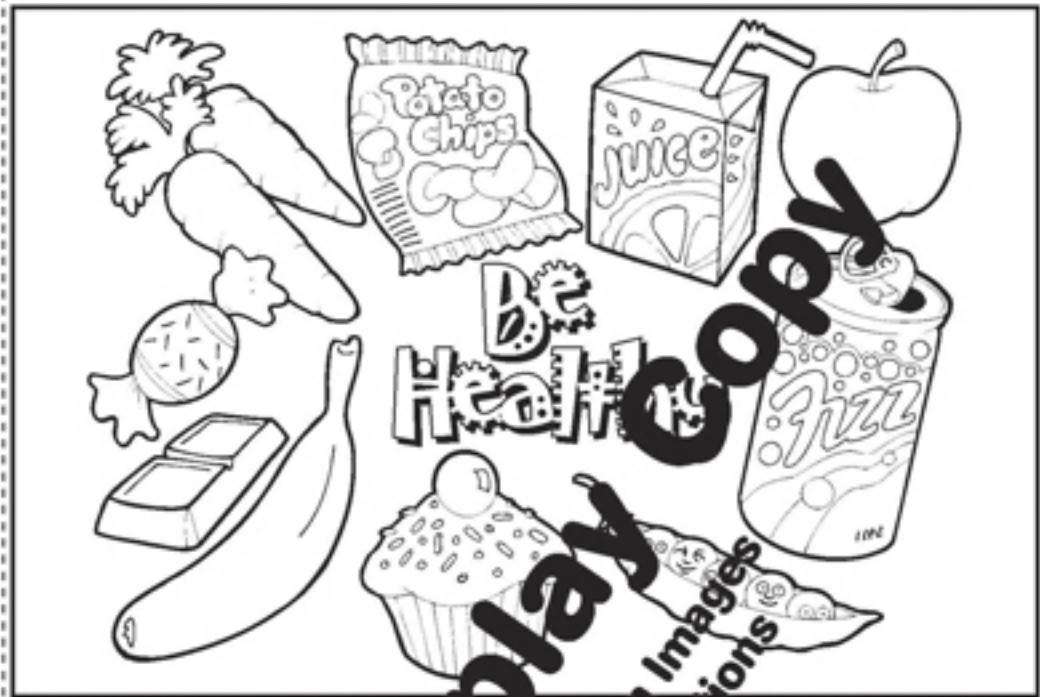
'You have done the wisest and most important thing now', he said. 'You have told someone about your problem



and I think I might be able to help you. You know bullies like Larry are often cowards. They are frightened about others knowing that they are bullies. They worry about what will happen to them when they are found out. Bullies really don't like it when someone stands up for themselves. I think you should tell Larry that you've had enough, that you've been talking to me about it and that unless he changes his ways, he will be in serious trouble'.

As he walked away Lee felt much bigger and stronger and braver. He would stand up for himself. He wasn't alone. His uncle was right. Larry didn't seem as scary

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Mistakes



Sometimes when I make a mistake,
I can fix it up, so I feel okay.

Sometimes when I make a mistake,
I can't fix it up, so I feel sad and sorry.

Sometimes it's like spilling milk,
I can't pick it up, so I feel very sad and sorry.

But I need to remember that
everyone makes mistakes, and I'll feel okay about it, one day.