



# “LET’S TALK VALUES”



TRANSFORM TO PERFORM (T2P) STRATEGY

**VALUES CONVERSATIONS  
AT HOME**

# Introduction

The WCED wishes to nurture a learner, instilled with values, and who acts in the interests of a society based on respect for democracy, equality, human dignity and social justice as promoted in the Constitution of the Republic of South Africa. To achieve this, the WCED introduced the Transform to Perform Strategy (T2P) that aims to address the hearts of teachers and learners and, subsequently, extending it to the parents and community at large. The vision of the WCED through this initiative is to ensure quality education for every child, in every school, in every classroom, reaching all communities in the province.

The mantra adopted by the WCED clearly states that the ***Learner Must Enter to Learn and Leave to Serve*** and the ***Teacher Must Enter to Serve and Continue*** to Learn. When learners enter the school or classroom, they must be clearly directed towards their purpose in the school and their personal agency in that purpose. A learner who is reminded of this purpose each time he/she enters and leaves the classroom/school will open himself/herself up to the learning experience.

Values form an integral part of society and are found in various contexts, i.e. at home, school, college, work, community, society, etc. Children can begin to develop awareness for values and integrate them within their everyday actions and attitudes. Schools, societies, communities and families have a collective responsibility in building social cohesion and create a sense of Ubuntu. To foster these values effectively, it must be integrated at home, school, college, work, etc., daily. The values and attitudes we live by affect how we relate to other people and to all our activities in the environment and society.

# Let's Talk Values

“Let's Talk Values” is a resource that promotes conversations about values with the aim of nurturing life skills for practice beyond the classroom for the greater good of society through encouraging a values conversation in schools and at home. It aims to empower learners to do the following:

- Appreciate diversity through respect and tolerance;
- Cope in an ever-changing environment;
- Understand that rights come with responsibilities;
- Help transform the national character of South Africa;
- Develop an understanding of their own values;
- Develop an ability to articulate this understanding to others;
- Develop an understanding of the values of others;
- Develop an ability to collaborate on a shared understanding of values; and
- Develop an ability to demonstrate their understanding through behaviour and language that reflects the collaborative agreement of these values.

The key outcome of “Let's Talk Values” is to create a platform for conversations about values. Below is a list of at least 100 values that can be used to kick-start a values conversation. It aims to foster an environment where children can experience values through what they “Do”, “See”, “Say” and “Hear”.

ACCEPTANCE	COURAGE	FUN	LOVE	SHARING
ACCOUNTABILITY	COURTESY	GENEROSITY	LOYALTY	SINCERITY
ACKNOWLEDGEMENT	CREATIVITY	GOODNESS	MODERATION	STRENGTH
ASSERTIVENESS	DEDICATION	GRACE	MODESTY	SUCCESS
ATTENTIVENESS	DIGNITY	GRATITUDE	ORDERLINESS	SUPPORT
AWARENESS	DILIGENCE	GROWTH	PASSION	TEAMWORK
BRAVERY	EFFICIENCY	HAPPINESS	PATIENCE	THANKFUL
CALMNESS	EMPATHY	HELPFULNESS	PEACE	THOUGHTFUL
CAPABLE	ENDURANCE	HONESTY	POISE	TOLERANCE
CARING	ENTHUSIASM	HONOUR	PUNCTUALITY	TRANSPARENCY
CHARITY	EQUALITY	HOPE	PURPOSEFULNESS	TRUST
CLEANLINESS	ETHICAL	HUMILITY	RECOGNITION	TRUSTWORTHINESS
COMMITMENT	EXCELLENCE	INDEPENDENCE	RELIABILITY	TRUTHFUL
COMMUNICATION	FAIRNESS	INSPIRATION	RESILIENCE	UBUNTU
COMPETENCE	FLEXIBILITY	INTEGRITY	RESPECT	UNDERSTANDING
CONFIDENCE	FOCUS	JOYFULNESS	RESPONSIBILITY	UNIQUENESS
CONSCIENTIOUSNESS	FORGIVENESS	JUSTICE	RESPONSIVENESS	UNITY
CONSIDERATION	FREEDOM	KINDNESS	SAFETY	VISION
CONSISTENCY	FRIENDLINESS	KNOWLEDGE	SERENITY	VITALITY
COOPERATION	FRIENDSHIP	LEADERSHIP	SERVICE	WISDOM

# ACTIVITY: KINDNESS

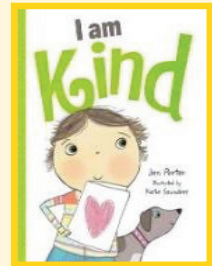
**Affirmations are positive statements that can help you challenge and overcome negative thoughts. When you repeat them often and believe in them, you can start to make positive changes.**

<https://ripplekindness.org/why-affirmations-are-important-for-children/>

As children learn behaviours and wire their brain, affirmations are very effective in nurturing self-belief in childhood, which will stay with them throughout their lives. Children enjoy rhyming words and catchy phrases, so let's be creative.

Choose a family value for each month. Create a simple affirmation that becomes part of family time. Here are some examples of teaching young children affirmations for daily practice:

- I am kind and love to help others!
- I am the best I can be!
- I am special!
- I love myself! I am caring



## **Affirmation: The value of Kindness**

"I am kind and loving. I love to share with others. I am a good friend."

**Slogan:** Use a positive phrase or slogan that supports the family values and affirmations. E.g.: ***"Sharing is Caring is kindness"***. Place it in a special space at home where it can be seen daily, e.g. fridge or room.

# ACTIVITY: FAMILY VALUES

**Family values are that which pertain to the family's structure, function, roles, beliefs, attitudes, and ideals.** <https://pandagossips.com/posts/4708>

## **How do we live our values in our family?**

We all have family values. For this activity, parents are encouraged to select a value for the family to foster an environment where the family can experience values through what they "Do", "See", "Say" and "Hear".

Let's use the following example: Caring: It is the ability to show concern for others. A caring person shows affection, love and compassion for others.



# ACTIVITY: HAPPINESS

A condition of supreme well-being, good spirits, happiness, joy, cheerful, gladness.

<http://www.momentsaday.com/character-building-activities/>

## Our Happiness chart:

Every day when we get home we ask each other to name one thing that made us happy that day.

### OUR HAPPINESS CHART



**MONDAY**

Today I am happy because ... I am alive.

**TUESDAY**

Today I am happy because mom gave me hug this morning.

**WEDNESDAY**

Today I am happy because I got home safely today.

**THURSDAY**

Today I am happy because I was able to share my sandwich with one of my friends at school.

**FRIDAY**

Today I am happy because today is my birthday.

**SATURDAY**

Today I am happy because we are going to watch my favourite movie with popcorn.

**SUNDAY**

Today I am happy because I have a family.

# ACTIVITY: RESPONSIBILITY

**A duty or task that you are required or expected to do. Taking charge of something. The willingness to be accountable for our choices and our mistakes.**

<https://growkidsminds.com/gkm003-teaching-responsibility/>



## How can I help at home?

Start by giving young children small tasks and add on as they show mastery of each skill. For example, start with them putting their plate on the sink, then into the sink. Next, move onto drying (non-breakable) dishes, then to washing dishes. Jobs children can help with from a young age and be built on as they grow up.

- Dishes
- Laundry
- Cooking
- Gardening
- Cleaning

# ACTIVITY: HONESTY

**Being trusting, sincere, open and genuine.  
The confidence to be ourselves.**

<http://www.yessafechoices.org/parents/character-educationcorner/honesty>



## The Honesty game:

Many times, children will absorb a lesson more effectively if they feel like they are having fun by playing games.

- Play a game with your child where you make two true statements and one false statement. He/she must choose which of the statements is the lie.
- Next, allow him/her to make honest statements and tell a lie.
- Repeat the process for several rounds.
- Whoever guesses the most lies wins the game.
- This process helps to teach a child what is the truth and what is a lie.
- Purchase or make your own board game that focuses on honesty.
- Make a series of index cards that include a hypothetical situation and ask your child how he/she would respond.
- Talk about the consequences of their decision.
- Pass the set of cards to the next person. Complete this activity on the weekend or during dinner each night.

## ACTIVITY: EMPATHY

**A deep understanding for another person's feelings or situation.**

<http://www.zerotothree.org>

Read stories about empathy. Find stories that are age appropriate, exciting and emphasise the value of empathy in different ways.

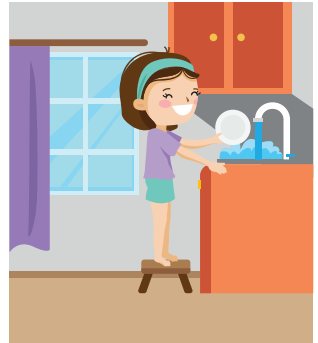
## ACTIVITY: HELPFULNESS

**Doing useful things that make a difference to others. Taking time for thoughtfulness.**

[www.momentsaday.com](http://www.momentsaday.com)

### **How can I help?**

Ask your child to help wherever they can. Children can help around the home in various ways e.g. packing away their clothes, helping in the kitchen by packing away dishes and cutlery. A family helpfulness chart can be created with a daily activity to be done.



## ACTIVITY: LOVE

**Strong and warm affection (of a parent for a child). A great liking a love for reading.**

[www.momentsaday.com](http://www.momentsaday.com)

### **Sharing is caring:**

Share the ways you like to feel loved. Find out how your child likes to feel loved by asking, "How do you know when someone loves you?" Think about your own answers to this question also. Take turns sharing how each of you like to be loved such as hugging, having someone's help or enjoying a game together.





# ACTIVITY: POLITENESS

Being respectful and considerate of other people.

<https://www.thespruce.com/tips-to-teach-your-children-manners-1216615>

**Excuse Me**

**Thank You**

**Please**

## Tips to teach politeness:

### #Model manners.

If you want children to be polite and have good manners, you must make sure you do as well. This is definitely not an area in which you can get them to do as you say and not as you do. The first step to having a polite child is being a polite parent.

### #Practice at home.

It is unrealistic for children just to pick up the habit of good manners by telepathy. They need to know what the rules are. Tell them, put them in writing, and try including them in fun, playtime etiquette activities.

### #Give them the words.

There are 5 polite words and phrases that should be among the first in every child's primary vocabulary, i.e. "Please", "Thank you", "May I", "Excuse me" and "No, thank you".

### #Give your youngster positive reinforcement.

Children love praise, especially when it comes from a parent or someone they respect. Very often parents respond only to their children's undesirable behaviour, ignoring their victories and positive actions. This choice may be counterproductive. Children want attention any way they can get it, even if that means doing bad things. Encourage them when they are polite.

### #Be patient.

It is true that most children are self-centred by nature. Every parent recognises this very early in the parenting charge, and it's up to the parent to turn this around. Teach them the importance of respecting other people's feelings and needs. As they learn to listen more, speak less, esteem others, and humble themselves, their Golden Rule behaviour will begin to shine forth.

# ACTIVITY: THANKFULNESS

**The quality of being grateful. Readiness to show appreciation and to return kindness.**

[www.momentsaday.com](http://www.momentsaday.com)

## **“Giving Thanks” Jar:**

Make a “giving thanks” jar. Dedicate a jar (decorate as you wish) and have little pieces of paper ready to write on. You may want to make a daily habit of adding cards to the jar. Write things that you are thankful for each day and put it into the jar. At the end of the week, as a family, sit together and reflect on the things you were thankful for.



# ACTIVITY: SAFETY

**The condition of being protected from or unlikely to cause danger, risk or injury.**

<http://www.childfun.com/themes/misc/safety/>

## **Safety First**

While driving with children, teach them the meaning of the “robot” / traffic lights and what each colour means. For example, it is important to stop when the light turns green.

It can also be associated with the value of:

- **Patience:** Learn to wait your turn.
- **Tolerance:** Accept that all people look different, but all people have feelings, needs, hopes and dreams. Give others a chance.
- **Politeness:** When someone speaks, you should “stop” talking and allow them to finish.





