

# FOR KIDS: What matters most activity

There are so many things that make you unique. Your skills, interests, and values are all a part of what makes YOU. In this exercise, take a moment to reflect on what matters most to you.

1. On a separate sheet of paper, count down what counts:

5	<b>Gratitude</b> shows what you care about and value. List five things you're grateful for.	
4	Your <b>interests</b> can motivate you and make you happy. Draw four activities you enjoy doing.	
3	When you're <b>confident</b> in your abilities, you can do anything. List three things you're really good at doing.	
2	Feeling like you <b>matter</b> helps you get through setbacks and obstacles. Write two ways you know you matter.	
1	<b>Curiosity</b> helps you learn, grow, and find happiness. Name one thing you'd like to learn.	

2. Look over your answers. Are there any overlapping themes? What do your your answers have in common?

3. Based on the overlapping themes you identified, what three things might you say matter most to you?

4. As you move forward, what are some steps you could take to focus on the things that matter most to you? How might adults in your life help you, too?

# FOR PARENTS: What matters most activity

What your kid is grateful for, what interests them, what abilities they're confident in, what makes them feel like they matter, and what they're curious about are all indicators of their underlying core values. In this exercise, take a moment to reflect on how you could help them focus even more on what matters most to them—those core values.

1. On a separate sheet of paper, count down to what counts:

5	<b>Gratitude.</b> List five things your kid has said they're grateful for.	
4	<b>Interests.</b> Name four activities your kid enjoys doing.	
3	<b>Confidence.</b> List three things your kid has shown confidence in doing.	
2	<b>Mattering.</b> Write two ways you actively let your kid know they matter.	
1	<b>Curiosity.</b> Recall one thing your kid enjoyed learning recently.	

2. Look over your answers. Are there any overlapping themes? What do your answers have in common?

3. Based on the overlapping themes you identified, what three things might you say matter most to your kid? (How do these match up with what your kid actually identified in their "for kids" exercise?)

4. How could you help your kid focus on what matters most to them?

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