

Audience: Middle Schoolers

Introduction:

Morals and ethics are shaped from your experience and the people that you interact with. Today, we are going to explore a person, who is important to you, and look at things that you admire about that person!

Activity 1: Defining morals (5 minutes)

What is your definition of morals?

As defined in the Merriam Webster dictionary:

Morals are defined as of or relating to principles of right and wrong in behavior

Looking at this definition, “right and wrong” is what sticks out to me. For me, morals are about knowing what you think is right and what is wrong and make decisions based on the things you value.

Activity 2: Draw someone you admire! (5 minutes)

Think of someone in your life that you admire or respect. Who is your role model? Draw a picture of the person you are thinking about. Family member? Teacher? Friend?

Follow up Questions (15 minutes)

Questions:

1. Who is the person you drew? What is the relationship that you have with them?
2. Why did you choose this person?
3. Write a list of qualities this person has? Are they smart? Hard-working? Funny? Honest?
4. How would you rank these qualities? Which qualities do you value the most?
5. Is there a memory that you have of this person demonstrating this quality? Write down the memory!
6. Is there a time where you also demonstrated this quality? Please write down your memory, and share your memory with others or with a partner!
7. Looking at the list of qualities that you made for this person, is there a quality that you want to work on? If so, what is it and why?

Activity 3: Connection (10 minutes)

What are some of your morals? List some of those things. Thinking about the role model that you drew, do you think their morals align with yours? Are there morals that are similar or morals that are different?

Wrap up:

Morals are shaped from the people around you and the society that you live in. Everyone has their own unique set of morals. Through this activity, I hope that you were able to explore your own and think about someone else you value in your life because they are probably an influencer in the way that you think and behave!