

SEL Activity

What Matters to You



grades 4-8



15 minutes

Objectives

- Students consider what matters to each of them as individuals.
- Students discover they can support people, places, things, and communities they care about.

Essential Questions

- What steps can we take to support people, places, things, and communities that matter to us?
- How can our support help strengthen people, places, and communities?

Vocab

Community: noun; a group of people living in the same place or having a particular characteristic in common; a feeling of fellowship with others due to sharing common attitudes, interests, and goals.

Changemaker: noun; someone who takes creative action to solve a social problem.



MATERIALS

Worksheet: What Matters to You? ([PDF](#) | [Google](#))

SEL CORE COMPETANCIES

Self-awareness
Self-management
Responsible decision-making

Before you Begin

Consider filling out the Worksheet: What Matters to You? ([PDF](#) | [Google](#)) as a model.

NOTE: Students will likely have diverse people, places, and things that matter to them. Feel free to do an open brainstorm with the class to help focus their ideas and thinking (e.g., if their pet matters to them, maybe they could focus on animal rights or rescue shelters; if their Playstation 5 matters to them, perhaps they could focus on making their gaming community kinder).

Program Connections

This activity has been modified from a lesson in our Middle School Allyship Spotlight. To learn more, visit our [PROGRAMS](#) page.

THINK • GIVE

Hand out the Worksheet: What Matters to You? ([PDF](#) | [Google](#)) (1/student). Read the directions together. If you like, have a group brainstorm around the first question before students complete the first box.

- Students add their ideas to the first box.
- Students choose one idea that might need support and complete the “I care about” box.

NOTE: They do not need to choose the thing they care most about, but instead, something that might need support.

- Students form pairs, share their choices, brainstorm ways to offer support, and then complete the bottom box.
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CONNECT + CLOSE

Discuss as a class (grades 4–5):

- In your local community, how can you show your support for something that matters to you (e.g., a person, place, the environment, etc.)?
- Which changemakers have you learned about, and why are they “changemakers?”

Discuss as a class (grades 6–8):

- How can you use your voice to support something that matters to you (e.g., a person, place, the environment, etc.)?
 - How could you get a larger group to help support something you care about?
 - What qualities do you think make a successful changemaker?
 - Why is it important to show gratitude for what we care about and may take for granted?
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ACTION

Explain: Take an action(s) to support a person, place, or community you care about. Use an idea from your worksheet, or come up with something new!

REFLECTION

Discuss or journal. Use the following questions as a guide:

- What action did you take to support something that matters to you?
- Why did you choose to take this action?
- How did this action demonstrate what matters to you?