

## Mini-lesson

# What Matters to You



grades 4-8



15 minutes

### Objectives

- Students consider what matters to each of them as individuals.
- Students discover that they can be a support for people, places, and/or things they care about.

### Essential Questions

- What steps might people take to support what matters to them?
- How can our support help strengthen people, places, and experiences that matter to us?



### MATERIALS

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

### THEMES

Allyship  
Empathy  
Community

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### Before you Begin

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

**Note:** Students will likely have a diverse set of people, places, and things that matter to them. Feel free to do an open class brainstorm 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, maybe they could focus on making their gaming community kinder).

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### Program Connections

This activity has been modified from a lesson in our Middle School Allyship Spotlight. Want to learn more? Visit our [PROGRAMS](#) page.

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## THINK • GIVE

Give each student the Worksheet: What Matters to You? ([PDF](#) | [Google](#)). Read the directions together. If you like, have a group brainstorm around the first question before asking students to fill in the first box.

- Students add their ideas to the first box.
  - Students choose one idea that they think needs support and fill out the “I care about” box.  
**Note:** This doesn’t have to be the thing they care most about, but instead something that might need support in some way.
  - Students form pairs, share their choice, brainstorm ways to offer support, then fill out the bottom box.
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## CONNECT + CLOSE

Discuss as a class:

- Are there people who don’t have access to something you love? How could you help?
  - How can you use your voice to stand up for something that matters to you?
  - How can you use your voice to support people, places, and our planet?
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## ACTION

Students can use their worksheet to take the opportunity to support something they care about. This can be a person, a place, or a community.

## REFLECTION

Lead a discussion or allow students to journal, using the following question as a guide:

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