

January Life Skill On The Go | SELF: Who Am I? Values & Volunteerism

The start of a New Year is a great time to set a goal or start a new habit. Volunteerism is a huge need in every community. Young people learn a great deal from volunteering including better appreciation for their community, that we all do better when we work together and a good feeling when you give of yourself to help someone else. Volunteerism is just one important value, however there are many others. Consider for a moment some of the values or character traits that you hold dear. How did you begin to learn and to value them? Who taught you that value? Did you learn them from experience?

Using values language can be important with youth. Name the specific values that are a part of your personal character make up. Spend time explain what those values mean and how you have come to care about them. These personal deep conversations about life are valuable memories that your mentee will hold dear as they grow up.

This month...

1. **Identify** – [Click here](#) to see a list of values. With your youth identify and write down the five most important values to each of you. Star the two most important values to you at this time that you would like to focus on this month.
2. **Share** – Explain to each other what each of the values means to you and why.
3. **Do** – Discuss an action step or two that you can take to improve your follow through on living out your top two values this month. Post your written values in a place you see them each day to keep them on your mind.

Bonus: Have this conversation while you volunteer somewhere in the community together.

Take it deeper by [clicking here](#) to explore the following websites, activities and resources. If you know of a great resource or an activity that worked for your match, please share it with us so we can continue to improve the program.

Places to Volunteer

Each match in the AYO Mentor Program has committed to volunteering together at least twice a year. Here are some great resources to help you find a place you would enjoy volunteering. AYO monthly activities often involve volunteer opportunities, yet many matches like finding their own place to give back too.

www.auroragov.org/LivingHere/GivingBack/index.htm

www.foodbankrockies.org/take-action/volunteer/

www.9healthfair.org/volunteers/volunteers.aspx

www.volunteermatch.org/

Activity Ideas

Random Act of Kindness www.randomactsofkindness.org

Consider conducting a random act of kindness this month. Go to their website to learn more and gather ideas about randomly show your care and concern for others. This can be a fun activity to plan and carry out.

Create a Values Poster www.values.com

Take some time to choose a value that is important to you. Then find a way to share that value with others and keep yourself inspired by creating a poster. Values.com is known for creating billboards and advertising campaigns about values. Go to their website for ideas and inspiration.

Values List www.values.com/teaching-values

Go to the values.com website to find a great list of values and inspirational information about each one. This is a great resource for you to use as you are helping your mentee identify their values.