

Following What Matters: Values Cards for Kids

Gentle ways to notice what's important — and choose it, even when feelings get in the way.



These cards invite children to follow the quiet map inside their heart — the one that points to kindness, bravery, helping, honesty, and care.

Values don't disappear when feelings are loud. They stay — like stars or compass light — guiding us back to who we want to be.

Beautiful for bedtime talks, therapy, morning intentions, or dinner reflections.

“Because values are the stories we choose to live, again and again.”

www.mindfullivingresources.com

What Are Values?

Hi there, brave learners!

Values are the kind of person you want to be in your heart.

They aren't about winning, being perfect, or making everyone like you.

They're about being kind, brave, honest, helpful — even when it's hard.

**“Feelings come and go.
Values can stay with us.”**



Map



Cloud



Trophy

Values – What matters to me	Feelings – What I feel	Goals – What I want to achieve
Kindness	Angry	Win the race
I can choose it anytime	Comes and goes	Might happen or not

On the next few pages, you will see pairs of cards. Each card offers a gentle reminder, accompanied by a familiar forest friend, to help you practice living your values in everyday moments. Feel free to cut them out to make quick flash cards.

Let's Explore Our Values

☀ Card 1: Value — Kindness

Looks like:

Helping someone pick up dropped books or inviting someone to play.

When it's hard:

"I'm annoyed," "They don't deserve it," or "It's not my problem."

Try saying:

"I can choose kindness — even when I don't feel like it."



☀ Card 2: Value — Courage

Looks like:

Trying something new, speaking up, or taking a small brave step.

When it's hard:

"What if I mess up?" "I feel scared," or "Everyone is watching."

Try saying:

"I can be brave — even when I feel nervous."



Let's Explore Our Values

☀ Card 3: Value – Honesty

Looks like:

Telling the truth, even when it's uncomfortable.

When it's hard:

"What if I get in trouble?"
"They might be upset with me."

Try saying:

"I can be honest – even when it feels hard."



☀ Card 4: Value – Helping Others

Looks like:

Noticing someone needs help and choosing to help them.

When it's hard:

"I'm busy," "I don't want to,"
or "They didn't help me."

Try saying:

"I can help – even when it isn't easy."



Let's Explore Our Values

☀ Card 5: Value – Patience

Looks like:

Waiting calmly, taking turns,
or trying again slowly.

When it's hard:

"This is taking too long!" "I
want it now!"

Try saying:

"I can wait gently – even
when I feel rushed inside."



☀ Card 6: Value – Love / Connection

Looks like:

Caring for someone,
listening, offering a hug, or
being there.

When it's hard:

"I'm hurt," "I feel distant," "I
don't want to try first."

Try saying:

"I can show love – even
when it feels hard." easy."





What Matters Most to You?

Values are the kind of person you want to be — even on hard days.

You don't have to be perfect at them. You just keep choosing them, one small moment at a time.



Think or Draw:



A value I care about is: _____



I showed this value when I: _____



It was hard because I felt: _____



Next time, I want to try again by: _____



Parent Whisper:

Values grow stronger when we notice them — not when we force them. When your shows use of any value you might say aloud to them, “I saw you being kind, even when it was hard. That’s a value.” These brief, simple validating comments nurture those values to grow.



Color Your Values: “Lights to Guide Us”

A heart that follows its values is gentle and strong — it tries to choose kindness, courage, or honesty, even when feelings are loud.



Color this scene and say this mantra together:

“Even when I feel big feelings, I can still choose what matters to me.”



A Note for Parents

Why Values Matter

Values are not about being perfect — they're gentle guides that help children become who they want to be in their hearts. When kids learn they can choose kindness, courage, honesty, or patience even when feelings are big, they begin to build true inner strength.

How to Use These Cards

Use them during calm moments — bedtime, morning routines, drives to school, or after a story.

Instead of teaching or correcting, try wondering aloud:

- “What value do you think showed up today?” or
- “Was it hard to be kind when you were upset?”

Model Out Loud

Children learn values most when they see and hear them lived. You might say:

- “I feel frustrated, and I’m still choosing patience.”
- “Being honest is hard, but it matters to me.”

These simple moments help kids understand that feelings can be loud — and values can still lead.

Closing Thought:

“Values are like stars — we don’t always reach them, but they help us find our way.”

When Values Meet Real Life

Values can feel clear during calm moments. But when feelings get big, it can be much harder for children to remember what matters most.

That's okay. Learning to return to kindness, courage, honesty, and patience takes practice.

 **Want to keep exploring values together?**

The **Following What Matters Expanded Pack** includes:

- More Values Cards
- Family activities and games
- Reflection pages
- Everyday practice ideas

Explore the Expanded Pack [here](#).

 **Bringing Values into Everyday Life**

When values meet real moments, parents often need a little support too.

The **Steady Steps™ Workbook** helps families slow difficult moments down, reconnect with what matters, and take one small step forward together.

Explore the Steady Steps™ Workbook [here](#).