

Values Trail Mix

*A No'ar Hadash Program
for youth in Grade 5 and above*

Goals and Objectives

To have participants think creatively about their values. By the end of the program participants will be able to name many of their values and to prioritize which of these values are most significant to them.

Values of Spiritual Peoplehood

Dereh Eretz (Character)

Materials

- Ingredients for trail mix. Possibilities include (be careful of allergies):
 - pretzels
 - chocolate chips
 - vanilla chips
 - raisins
 - craisins
 - M & Ms
 - nuts (peanuts, walnuts, almonds, macadamia nuts)
 - dried fruit (apples, apricots, dates)
 - sunflower seeds
- Mixing bowl
- Paper
- Pencils
- Posterboard
- Markers

Timeline

Approximately 1 hour.

Procedure

1. To begin, have each participant write the values which are most important to him/her. Once everyone has done this, work with the entire group to brainstorm a communal list of values. Discuss values as needed, focusing on how they can all fit together to build a stronger community.
2. In small groups (6-8), give participants all of the ingredients and a mixing bowl.
3. As a group – everyone must be involved – participants assign a value to each ingredient. What does the ingredient make you think of? How could this ingredient represent a value? (For example, a pretzel might represent community because it is twisted together just like a community is a combination of different groups.) They should make a list of the ingredients and the values they associate with them.
4. Once they have completed their list of values/ingredients, each group will write a recipe for the perfect "Values Trail Mix." Although they should make a recipe for a trail mix that tastes good, it is more important that the values are combined in the correct proportions. In other words, if one ingredient is connected to community and another is connected to welcoming the stranger, whichever of these the group considers a more important value should be included in greater quantity in the recipe. Once the recipe has been written, the group will make the trail mix.
5. If there is time after the trail mix has been made, the group can design a marketing plan for their trail mix. This should include a name for the mix, a logo, and a one-line "catchphrase."
6. Once all of this has been completed, the groups will present their results to the larger group and everyone can sample the different trail mixes.

