

FÜR ELTERN & PÄDAGOGEN



VALUE EDUCATION FOR STRONG & CONFIDENT CHILDREN



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MINI-GUIDE
-AN INTRODUCTION-



A VALUE HEROES ORIGINAL



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ÜBER DIE WERTHELDEN-AUTORINNEN

Dana Malitz

Hello, I am Dana, an expert in cultural and media studies with a focus on multimedia production and marketing. My experiences have honed my understanding of effective communication. My time as an au pair in the U.S. and as a German teacher in Spain provided me with valuable insights into working with children. My mother, herself an educator, was always my role model and taught me much about pedagogy. The birth of my own child emphasized the importance of values and their playful teaching – and this is how the idea of "Value Heroes" was born. I now use my experiences to bring essential values closer to parents and children in a creative and entertaining way.

Gudrun Malitz

I am a passionate educator with roots in the former GDR. My professional journey began in infant care and led me through early childhood education to kindergarten management. I have always been eager to continue learning, with a particular focus on language development and value education. Even in my well-deserved retirement, my passion for early childhood education persists. From the start, I was convinced: values are the foundation of healthy development. This conviction was not only passed on to children but also to my daughter Dana. It fills me with pride to see her carrying on my vision with "Value Heroes," making value education fun for children. "Value Heroes" embodies everything I have stood for my entire life – a valuable future for our children.





INTRODUCTION

WHY VALUES MATTER: VALUES ARE THE INVISIBLE GUARDRAILS THAT SHAPE OUR LIVES. THEY ACT AS AN INTERNAL COMPASS, GUIDING US TO MAKE THE RIGHT DECISIONS IN CHALLENGING SITUATIONS – FOR INSTANCE, WHEN A CHILD CONSIDERS WHETHER TO TELL THE TRUTH OR COVER SOMETHING UP.

Values help children make decisions, take responsibility, and live in harmony with others. However, in a world full of distractions and challenges, children can only develop strong values if parents and educators consciously model and teach them.

For children aged 0 to 12 years, value education is particularly critical because this is the phase when the foundations of their personality and social behavior are formed. From their earliest years, children attentively observe their environment and learn through imitation. They look up to the actions and attitudes of the adults who care for and educate them. Parents and educators play a key role as the most important role models and reference points during this formative period.

The audience of parents and educators is especially relevant because they directly influence which values children carry into life. They are the conveyors of empathy, respect, honesty, responsibility, and other essential qualities children need to grow into confident and socially competent adults. For educators, working with children comes with a great responsibility: their role goes beyond pure knowledge transfer and includes fostering social and emotional skills.



INTRODUCTION

Parents and educators who focus on value education can prepare children for a world that is becoming increasingly complex and demanding. In times when traditional family structures are often disrupted, and digital media exert significant influence, children need adults who provide guidance and orientation. This is even more important because many of these values – such as patience, compassion, or community spirit – are not automatically taught in school or everyday experiences.

This mini-guide is aimed at parents and educators, providing practical assistance on how to integrate values into daily life and make them tangible for children. Together, we can empower children and equip them with the tools they need to not only navigate a challenging world but also to make a positive and responsible impact.





CHAPTER I: WHAT ARE VALUES?

VALUES ARE FUNDAMENTAL PRINCIPLES THAT DEFINE WHAT WE CONSIDER RIGHT OR IMPORTANT. THEY INFLUENCE OUR BEHAVIOR, DECISIONS, AND RELATIONSHIPS.

Examples of values include:

Respect: Teach children to respect other opinions and boundaries, such as during playtime with friends or within the family. For example: "Imagine a friend wants to play a different game. What could we do to include them?"

Honesty: Show children that honesty builds trust, for instance, through open discussions about mistakes. An example might be: "How does it feel to be honest, even when it's hard?"

Empathy: Help children put themselves in others' shoes, for example, when comforting a sad friend. Talk to your child: "How would you feel if something like that happened to you?"

Responsibility: Give children small tasks, like tidying up their room, to develop a sense of responsibility. Explain: "It's important to take care of the things that belong to us. It helps us stay in control."

Gratitude: Teach children to notice the good things in life through rituals like a gratitude journal. For example: "Today, I'm grateful we played together. What are you grateful for today?"



CHAPTER I: WHAT ARE VALUES?

CHILDREN WHO DEVELOP STRONG VALUES TEND TO BE MORE CONFIDENT, RESILIENT, AND EMPATHETIC. STUDIES SHOW, FOR INSTANCE, THAT CHILDREN WHO LEARN EMPATHY EARLY ON ARE BETTER AT HANDLING SOCIAL CONFLICTS AND ARE LESS LIKELY TO BECOME VICTIMS OF BULLYING.

This mini-guide is essential because it helps parents intentionally and practically impart values that not only enrich their children's lives but also positively influence their social interactions and the broader society. It provides guidance in an increasingly complex world and supports parents in nurturing strong and compassionate personalities in their children.





CHAPTER II: WHICH VALUES DO CHILDREN NEED?



In our comprehensive program, we have identified 30 values that children need to develop a strong personality and stable character. This program is available on our website and provides a solid foundation for parents aiming to empower their children intentionally. This mini-guide highlights only a selection of the most important values:

Respect: Children learn to respect the opinions, feelings, and boundaries of others, for example, by speaking politely.

Honesty: Shows children how trust is built through openness and truth, such as admitting mistakes.

Empathy: Promotes compassion and understanding by helping children put themselves in others' shoes, for example, by comforting a sad friend.

Responsibility: Encourages children to understand the consequences of their actions, for example, by completing small tasks such as feeding a pet.

Gratitude: Helps children see and appreciate the positive aspects of life, for example, by naming things they are grateful for each day.



CHAPTER III: HOW DO I TEACH THESE VALUES?

Conveying values is one of the most significant tasks in parenting, especially in a world that presents children with new challenges and distractions daily. Parents and caregivers are called upon to consciously shape this process and not only teach values but also model them. This chapter explains how small, everyday actions and intentional rituals can integrate essential values into family life. It is these small steps that make a long-term difference and help children build a strong character and a stable foundation of values.

1. Be a Role Model:

Children learn best through observation. Consciously model the values you wish to impart:

- Show respect in your interactions with others.
- Make honest statements.
- Share feelings and demonstrate compassion.

2. Use Everyday Conversations:

Discuss values in daily situations. For example, if your child comes home upset after an argument with a friend, ask:



How did you feel, and what do you think your friend needed to feel better?" This can spark a conversation about empathy and conflict resolution. For instance:

- "How would you feel if someone was not honest with you?"
- "What can we do to help someone?"



CHAPTER III: HOW DO I TEACH THESE VALUES?



3. Introduce Rituals:

Rituals make values tangible.

Examples:

- Gratitude Journal: Each evening, everyone names a highlight of their day.
- Morning Ritual: Start the day with a small affirmation or hug to create positive energy.
- Values Collage: Create a collage together that represents important values like friendship or honesty.
- Family Cooking Night: Cook together and assign tasks to promote responsibility and teamwork.
- Family Rules: Establish rules together to encourage respect and accountability.

4. Tell Stories:

- Share or read stories that convey values, and discuss the messages together. For instance, read a story about a character demonstrating honesty and ask your child: "What do you think made them choose to tell the truth?" Or share a tale of kindness and discuss: "How do you think their actions helped others?" This engages children in meaningful reflection.

5. Reinforce Positively:

- Praise your child when they demonstrate values: "I'm proud of how respectful you were to your friend" or "It's great that you were honest, even though it was difficult."



CHAPTER IV: PRACTICAL EXERCISES FOR THE FAMILY

Practical exercises are key to making values tangible and engaging in everyday life. Children learn best through experience and action. Through playful activities and intentional rituals, they can not only understand values like respect, responsibility, or gratitude but also apply them directly. This chapter offers simple and effective ideas to actively live values with your family, building a strong foundation for a robust personality.

Exercise 1: Role Plays

Act out everyday situations, such as conflicts, and brainstorm respectful ways to respond.

- **Example 1:** A child takes a toy from another. Discuss how the child could show empathy by returning the toy and apologizing.
- **Example 2:** A child is teased for making a mistake. Discuss how others could respond more respectfully, like offering encouragement instead of laughing.

Exercise 2: "Thank You" Circle

Each family member shares something they are grateful for that day. This fosters gratitude and positive thinking patterns.

- For example, one child might say, "I am grateful that we had ice cream today," while another could share, "I am thankful for the hug I got when I felt sad." This simple ritual encourages mindfulness and connection.

Exercise 3: Sharing Responsibility

Assign age-appropriate tasks to your child and demonstrate the importance of taking responsibility.

- For example, younger children might help set the table or sort their toys, while older children can assist with meal prep or walking the dog. Celebrate their contributions to reinforce the value of accountability.



CONCLUSION



Conveying values is not a one-time task but a continuous process. As the philosopher Aristotle said:

"We are what we repeatedly do. Excellence, then, is not an act, but a habit."

Which values do you want to strengthen in your child, and what steps can you take today to make them visible?

It begins with us as parents and is solidified through loving guidance, meaningful conversations, and shared rituals. By consistently embedding values into everyday life, you provide your child with the tools to build a strong foundation for a confident and fulfilling life.

Our Parental Guide: "30 Values in 30 Days" offers practical solutions to tackle common challenges. Whether it's fostering gratitude through simple daily rituals or encouraging empathy with meaningful discussions, the guide helps parents navigate this journey step-by-step. Through small, intentional actions, you can create a nurturing environment where your child develops a resilient moral compass and a lifelong appreciation for values.



ACT NOW: STRENGTHEN VALUES, SECURE THE FUTURE!

Are you worried that your child might not be adequately prepared for life's challenges? Do you want them to navigate life's hurdles with confidence, build harmonious relationships, and stand firm in difficult situations?

Our e-book, **"30 Values in 30 Days: The Essential Guide for a Valuable Family Life & Strong Children"** is the solution!

Scientifically proven: Lived values not only enhance self-confidence but also foster resilience and harmonious relationships – especially when modeled by parents.

In just 30 days, this e-book helps you internalize 30 key values. You decide which values to emphasize, shaping a future filled with confidence and purpose. With more than 90 playful exercises, practical tips, and daily mantras, it's designed to help families tackle everyday conflicts and build a stronger foundation together.

With our guide, you'll have everything you need to begin playful value-based education immediately and create a nurturing, value-focused family environment:

- **30 values in 30** days for self-confidence, resilience, and harmonious relationships.
- **Special offer: Now for only €29.99 – for a limited time!**

Start today and lay the cornerstone for a strong, value-oriented future for your family!

Order now at www.valueheroes.de/shop

The best part: With 100% certainty, you'll create a more harmonious and value-driven atmosphere in your family.