

Values Based Questions

Think about what we have been learning about -----.

- ☐ In the first column, making a connection between this topic and the listed emotion. (Choose 6)
- ☐ In the second column, identify the value at the heart of that emotion. Use the following chart from Lauren Porosoff's *Two for One Teaching* to help you with this step.
- ☐ In the third column, ask a question about the topic driven by that value.

Figure 5.1: How Our Emotions Reveal Our Values



Connection between topic and emotion	Value at the heart of that emotion	A question you can ask about the topic driven by the value in the second column
Angry:		
Excited:		
Happy:		
Safe:		
Afraid:		
Surprised:		
Sad:		
Disgusted:		

Example:

Connection between pollution and emotion	Value at the heart of that emotion	A question you can ask about the topic driven by the value in the second column
Disgusted: I feel disgusted when I think about the giant trash heap in the Pacific Ocean	Protecting Living Things Responsibility	What responsibility do humans have to protect other living creatures? How do we decide that?