

SING THIS AT MY FUNERAL

for adult and teen learners



Looking Back

The episode discussed the values we wish to pass on and from where and whom they came.

This activity helps participants to identify the sources of that which they feel is most important.

- 1.) Ask the participants to discuss what values they think are most important. Feel free to share ideas which will get them started, such as "generosity," "compassion," and "patience," etc.
- 2.) Invite them each individually to write down five of these values that most resonate with them.
- 3.) For each of the five, have the participants write down an example of what the value currently looks like in action for them. For "generosity," as an example, a person could write something along the lines of "When a colleague is uncertain about a situation, I talk through possible outcomes with them to help them find the right answer."
- 4.) Next, for each of the five values/examples, ask the participants to write down from whom and/or in what situations they might have learned this value. They might write something like, "My grandmother was always generous with those who worked for her business, giving time off when someone was overburdened or stressed." or "When I was a child, my best friend laughed when I would be bossy, not taking it too seriously, subtly knocking me down a peg. Boy, did I learn the value of having a sense of humor."
- 5.) Now, invite the participants to close their eyes and picture the people, places, and situations they described. During this moment, give them space to remember.
- 6.) On a new sheet of paper, over the next 15-20 minutes, have the participants write a letter to all those people they recalled, telling them about what they taught them and the impact it has had on their lives. The letters should begin with a group salutation like, "Dear old friends" or "Hello my teachers," and include not only the values they listed in step 2, but the examples they wrote down and details about where they learned them from steps 3 and 4. They will then finish the letter in whatever way they wish, signing off in a personal manner.
- 7.) If desired, these letters (or parts of them) can be shared with the group.