

## Activity name: Your values

**Method:** Individual  
**Materials Needed:** Post-it notes  
**Duration:** 10 mins

### How to do it

#### Task 1: 5 mins

Look at 'Examples of values' on Page 10 (Module 2 – Values).

On post-it notes, write down the values that are important to you (use the list to give examples).

#### Task 2: 5 mins

Of those you have listed, prioritise your top three values

#### Task 3: 5 mins

participants post-it notes (everyone's top three values) will be collected and stuck to the wall, white board etc

#### Task 4: 10 mins

Discuss – what are the most common values, what are the least common values among the group etc