



SYSTEMS APPROACHES FOR HEALTHY COMMUNITIES

Exploring Values Quick Guide

BACKGROUND

This activity is designed to explore what participants value most in a given situation. Allow plenty of time for participants to share and reflect with one another. This activity can be done with as few as five and as many as 80 people. The “Values” words may be replaced with meaningful or relevant quotes about a specific topic if you prefer.

LEARNING OBJECTIVES

After completing this activity, participants will be better able to consider what they and others value most in a given situation.

MATERIALS

You will need the following materials for this activity:

- Values cards (large print)
- Tape
- Pens or pencils for all participants

PREPARATION BEFORE THE ACTIVITY

Print and cut out the values cards. Tape each card up in a separate location around the room with enough space for a few people to stand near it. Remember to print enough blank cards to allow several participants to fill them in if they want.

FACILITATOR INSTRUCTIONS

Follow these steps to conduct the activity:

- Ask participants to walk around the room and read all the values card in order to become familiar with them. Be sure to point out the blank values cards and let participants know they can fill one in with their own word at any time if they choose.
- Let participants know that you will be asking a series of questions, and that they should walk to and stand near the value that best represents their response to a particular question.
- Tell participants that if they are unsure of their answer or have difficulty choosing, they can “try out” one value for a few minutes, and then move if it doesn’t feel right.

- Start asking the questions below, one at a time. Give participants time after each question to decide whether they want to stay at one value, or move to another.
- Each time participants choose a value for a given question, ask them to share with someone standing near them why they chose that card. Then invite each group to share highlights of what they shared. If the entire group is small, skip asking participants to share with each other and simply ask everyone to share with the whole group why they chose a particular value.
- Continue with each of the questions below. Feel free to add or modify the questions to suit your group's needs.
- After completing all the questions, you may wish to ask members of the group to share what they learned from this activity and how it applies to their work in communities.

DETERMINING VALUES QUESTIONS

Pose the following questions to participants: Start by saying, "Which of these values . . . "

- was the most important to you growing up as a child?
- is the most important to you right now in general?
- is the most important to your relationships with your family?
- is what you admire most in your closest friend?
- is what motivates you at school or work?
- is the one you would most like to cultivate personally?
- is the one you would most like to cultivate in association with others (family, friends)?
- is the one you would like to see more of in the world?
- is what guides you when you feel anxious or afraid?
- is what guides you when you feel secure and happy?
- do you see most reflected in your community?