

Resource 1: Values cards

Colour each card either **blue for values that support ourselves or others** or **orange for values about comparing a person to others**.

Alternatively, you can print and cut out these cards and sort them into two piles.

Building a sense of community	Being healthy	Protecting the environment
Fostering self-acceptance	Being wealthy	Being famous or popular
Winning awards	Having positive and healthy relationships	Learning or developing skills