**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.**

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| 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 |