





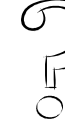



Ship of the intrinsic values

	<u>time frame:</u> ~ 45 min
	<u>location:</u> in- or outdoor
	<u>participants:</u> 10 - 20 persons
	<u>material:</u> a high-sized paper; an A/4 paper for every participant; pens
	<p><u>procedure:</u> Participants drawn a ship and some dolphins on the high-sized paper. Everyone hold the A/4 paper in half lengthways and then fold it crossways 5 times. Now we have 12 cells on the paper. Participants write important intrinsic values in each cell. They put a sign on the back of the cells (on the empty side of the paper).</p> <p>The trainer says that the ship sail for a round the-world. Everybody have to put their cargo (their intrinsic values) on the ship. The sign have to be above (not the values).</p> <p>In short time the ship is not able to continue its ways, because of the heavy cargo. As a result, everybody have to take one of their own values out of the ship. The trainer reads aloud the intrinsic values, which was taken out of the ship. The game is continued until everyone have 3 values left, which they mustn't read aloud.</p> <p>Finally the trainer says that dolphins (friends of the people) save every values, which was taken out of the ship.</p>
	<p><u>goal / purpose:</u> Self-esteem, recognition and evaluation of intrinsic values. As a result, every participant chose the best 3 intrinsic values. While the participants do the exercise, the trainers can observe their emotions.</p>
	<p><u>Questions for discussion:</u></p> <ul style="list-style-type: none"> - Was difficult to take out your values from the ship? - What do you feel when you took out your values? - Are the finally 3 values really the best? - Are you happy, that the dolphins save your values?
	<p><u>Source:</u> Mekka</p>