

“Sharing our values” with Padlet	
Theme	Beginner Digital Skills, Stress management & Self-Esteem
Target Group <i>(Group Size, Participants Profile)</i>	The tool is designed to be played in a medium to large group (at least 10). Age: adults and young adults Ideally: light mental disability and over. Members should be able to text, or can get help from a friend
Duration	Between 30 minutes to 1 hour
Learning Objectives	<ul style="list-style-type: none"> - Boosting self-confidence and self-esteem - Reframing your own values As well as: <ul style="list-style-type: none"> - Writing on smartphone - Making an internet connection
Preparation	Facilitator needs about 1 hour to: <ul style="list-style-type: none"> • Log into https://padlet.com/ • Create a new questionnaire with the following questions: <ul style="list-style-type: none"> ○ This thing makes me proud: ○ I like this thing about me: ○ What I want to change about myself is: ○ I want others to know this about me: ○ When my friends talk about me they say: ○ This thing annoys me: ○ I want to help others in this way: ○ I believe this about other people: • Share the link with the participants <p>The game needs a quiet room with no interruptions, ideally chairs for everyone to sit comfortably.</p> <p>The room should feel as safe and comfortable as possible.</p> <p>IF participants don't have internet connection, it will need to be provided by facilitator.</p>
Materials	Each participant needs a smartphone, or else the tool cannot be implemented. Internet connection
Flow / Description	Instructions: <ul style="list-style-type: none"> - Ask the participants to connect to the Padlet - Ask the participants to answer as many questions as possible in the next 10 minutes. Preferably multiple answers to each question. - IMPORTANT: If needed, assure the participants that their answers will be totally anonymous. - By the end of the 10 minutes, every participant's answer will be shown in the Padlet list. - In the next 10 minutes, ask the participants to look at and rate (thumbs-up) the answers in the list.

Debriefing / Reflection	<p>The main idea of this tool is to reframe our thinking by looking at multiple answers to the important questions in life. By sharing who they are, and receiving feedback, participants will learn to be more open to each other, open to different solutions, and more trusting in their own values and needs.</p> <p>Make a circle and discuss the activity:</p> <ul style="list-style-type: none"> - Go through the answers and discuss the group's opinions - Does everyone agree with the most popular answers? If not, why not? - Ask if other participants can contribute with advice or alternative thinking - How does it feel, now that others know your values? - Now that you have read some other answers, would you give a different answer? - Do the participants have any questions to ask the group? - Etc.
Thematic / Theoretical Input	<p>Read above paragraph</p>
Evaluation	<p>Evaluation, only if you believe it is necessary, or you believe the activity can be improved.</p> <p>Ask participants: what question would you add to the questionnaire?</p>
Hints/Additional Info for Trainers	<p>IMPORTANT: If participants are not comfortable sharing, maybe find another activity to do, or change the questions</p> <p>I advise you to study the participants, and only play this game if you feel that your participants are open-minded enough, will not make fun of others, and take this seriously.</p> <p>You won't get far with toxic people</p>