About me
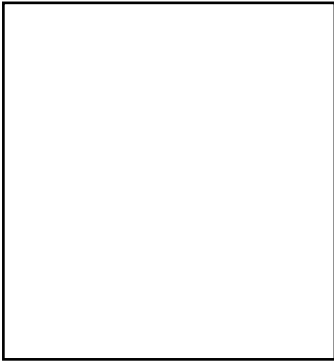
Fill in the blanks below to create a profile about yourself and aspects of your identity.

Draw or glue a picture of yourself in the box to the left.

I am: _____

I live in: _____

My school is: _____

My favourite subjects are: _____

I like learning about: _____

Types of book I like to read are: _____

My interests and hobbies are: _____

_____

I am good at: _____

Things that motivate me are: _____

_____

Thing I care about are: _____

_____

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My values

Our values stem from our identities. Use your profile answers on the previous page to help identify what you value, for example:

> Things I care about: caring for animals and helping to protect them from extinction.
> Values: I am caring and interested in environmentalism.

You can use the Values Bank at the bottom of the page if you need some ideas.

Things I care about:

_____

_____

_____

_____

_____

_____

Values:

_____

_____

_____

_____

_____

_____

Values Bank

achievement, authenticity, brave, caring, courage, creativity, curiosity, democracy, determination, empathy, environmentalism, fairness, fitness, forgiveness, friendship, gratitude, generosity, happiness, health, helpfulness, honesty, inclusivity, justice, kindness, love, loyalty, motivation, nurturing, open mindedness, perseverance, positivity, resilience, respect, responsibility, rule following, sharing, self-care, teamwork, thoughtfulness, tolerance, trustworthiness, working hard

The A to Z of values

Team up with some friends and see if you can come up with one value for each letter of the alphabet. Think back to the lyrics of *(We are) Unstoppable* for some inspiration (you might find some ideas in the Values Bank on page 2).

A _____   N _____

B _____   O _____

C _____   P _____

D _____   Q _____

E _____   R _____

F _____   S _____

G _____   T _____

H _____   U _____

I _____   V _____

J _____   W _____

K _____   X _____

L _____   Y _____

M _____   Z _____

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Code of conduct

We all belong to different communities (like school, family, sports clubs/teams, church, music, dance or drama groups). Each group is likely have its own set of rules about how members should behave. Imagine you are setting up a new group – what values would you share? What rules would you make for everyone to follow? How would you want members to behave?

Group name: _____

What we stand for/believe in: _____

_____

Our top 3 values:

1 _____

2 _____

3 _____

Our top 3 rules:

1 _____

2 _____

3 _____

We expect members to: _____

_____

_____

_____

_____

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