

MOTIVATION MONDAY



Date: 12th October 2020

Theme of the week: World Values Day

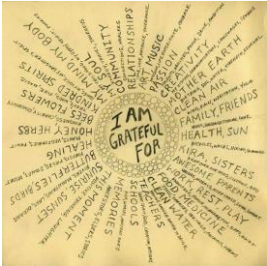
The COVID-19 pandemic has highlighted how essential creativity and the visual arts are for increasing our ability to learn, connect and improve our general wellbeing. While a lot of venues, cultural organisations may be closed, engaging in the visual arts is more important than ever.

This Weeks theme is '**World Values Day**' – **put values into action** - World Values Day provides an opportunity to think on our most deeply held values and explore and act on them with others.

Action

Exercise 1: Thankful/Grateful Chart

- Make a chart or a list of everything you are grateful for.
- Make it as bright and as colourful as you can.



Exercise 2: - Values Challenge (Template attached, if needed)

- Think about all the values that are important to you.
- Identify a value that is most important to you at the current time and reflect on whether you are really living that value, both in relation to yourself and to others.
- Think of a way to put that value into action and make it a bigger part of your life. Keep it as simple and practical as you can.

#WorldValuesDay #GetKidsCreating #ymcaessex

Outcome / Mission Moments:

- What new places have you discovered this week?
- How has this exercise made you feel?
- Maybe encourage other members of your family to get involved!

I VALUE...

enter a value

SO I...

enter planned or taken activity to put your value into action

#WorldValuesDay



**WORLD
VALUES
DAY 2020**

www.worldvaluesday.com