

**“My story/your story”**

<b>Short description</b>	The participants tell their histories as described in the preparation, in a small group under the title “In this situation I myself provided assistance: ...” They pay attention moreover to the others’ histories, actively listening, asking questions and answering any questions put to them.
<b>Topics</b>	Personal values, You & Me
<b>Learning objectives</b>	<ul style="list-style-type: none"> <li>• State and explain one’s own values in narrative form</li> <li>• Acknowledge the subjective nature of personal values and their function</li> </ul>
<b>Setting</b>	Small groups, 3-4 participants
<b>Time frame</b>	45 - 60 min.
<b>Materials</b>	Personal project diary
<b>Instructions</b>	<p>The participants find themselves in small groups of three or four. Whether or not the group membership is by self-selection or their composition must meet certain criteria (e.g. gender mix) is decided by the teacher. At this point the participants tell their personal histories on the given topic. This should be done in a quiet setting, if possible chosen by the group members themselves, so that they can work without disturbance. The histories can be freely chosen, and may if preferred be read from the project diary. As per the original mandate (see preparatory file) this should include a description of the assistance provided and above all an explanation of why and how the desire to help came about. At the end of each narrative, if there is sufficient interest in the group, questions may be asked, followed by a brief discussion. Once again however evaluations by the listeners are to be avoided as far as possible. It is more important for each individual to have the courage to relate his or her own history, respond to questions, learn to appreciate and to show respect. This should be made clear by the teacher when explaining the exercise. The exercise can be rounded off harmoniously with a brief discussion in the plenum.</p> <p><i>Outlook:</i></p> <p>The growing awareness of the subjectivity of personal values, which is expected to become further developed in the following learning steps, as will the recognition that one of the functions of personal values is to help form intentions and guide actions.</p>