

Value the Values

The **Olympic Values** are friendship, excellence and respect. The **Paralympic Values** are inspiration, determination, courage and equality. They are all great qualities which athletes aim to show. We can also aim for them in our day-to-day lives. In the table below, think about moments in your life when you have come across these Values.

Describe a time when someone showed you friendship (or when you showed someone else friendship).	
Describe a time when you have seen someone you know doing something excellent (or when you did something excellent).	
Write down someone you respect and say why you respect them.	
Who inspires you and why?	
Write down someone you know who shows determination and say what they did (or describe a time when you showed determination).	
Describe a time when someone you know showed courage (or when you showed courage).	
Write down a time when you have seen someone NOT treated equally (or when you were not treated equally). How did you feel?	

Useful vocabulary

kind • generous • nice • listen • polite • brave • try again
• sad • angry • upset • fair • motivate • amazing • best • confident