

# ROCKET SHIP

## GOAL

- To make some decisions based on values

## MATERIALS NEEDED

Paper and pencils for each participant.

## METHOD

Announce that there is a state of alert and all earthlings must evacuate earth and head for the nearest rocket. The rocket will take you to a similar planet until earth returns to normal. Explain that each person is allowed to take 10 items with them. Have participants write down their items on a sheet of paper.

After participants are finished writing, tell them that they have reached the rocket and are ready for boarding. Inform them that they can only bring 3 items each. Have them prioritize their own list and reduce it to 3 items. Ask participants to discuss their lists and how they made their decisions.

NOTE: This exercise may have a serious note or may be a fun time. Allow the group to be silly if they want to be.

## CREDIT

Ryan Bouchard, Canadian Mental Health Association, Burnaby, British Columbia.

