

Let Me Take an Inner Selfie

Names: _____

Outcome: 1.1 analyze the relationship between values and personal health practices

1. With a partner, write a list of 5 values you both consider important in life and have a conversation about why they are important.

Value	Reasoning

2. Click on the QR code to create a [Fakebook](#) page for a fictional person. You can find an image to use or create one of your own. Fill in all the details for the person (name, where they're from, birthday, family, etc.).



3. Instead of writing traditional posts from random people, create 5 posts about your values. See the example for what this looks like.


Add a post!

(TIP 1: You can add hyperlinks and links to YouTube/Vimeo videos too!)

(TIP 2: You can click on any image that appears to change it!)

Name Date

Only straightforward, truthful conversations happening here.



4. When finished, hit SAVE on the top right to get a unique web link to your work. Hit SHARE and create QR code to get a copy of your work. Copy and paste the QR code in either a Tweet or Email to me so I can see your work.