



Family VibEs

Living values in the home

Welcome to Family VibEs, brought to you by Values-based Education International.

Many schools in the UK and worldwide have adopted a philosophy for living based on a set of positive human values such as Love, Respect, Kindness, Trust, etc.

This resource is presented as a PDF so that it is easy for everyone to access. Our aim is that the ideas are for the whole family to share together.

We suggest that you begin each week by talking about the Value and what it means to each one of the family. Then look together at the suggestions for activities and decide which ones you would like to try together. It would be wonderful to get some feedback so that the resources can evolve and grow and become more useful (and more fun too). Please join us on Facebook at [‘Family VibEs’](#)

We do hope that you enjoy exploring these vital ideas and that you find they bring you even closer and more understanding as a family.



Family VibEs

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Appreciation



As we express our gratitude,
we must never forget
that the highest appreciation
is not to utter words,
but to live by them.

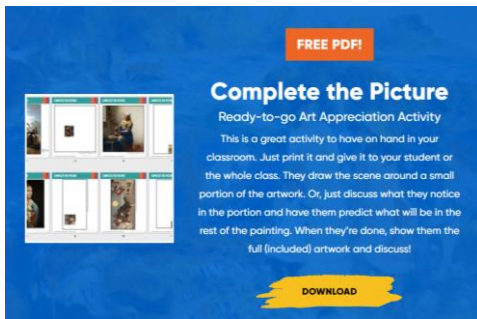
- John F Kennedy

Communication – sharing ideas

- ★ What does **Appreciation** mean to each of us? Let's listen to each other.
- ★ Appreciation stories: *The Great Kapok Tree* by Lynne Cherry. (A stunningly illustrated story about why we need to appreciate all nature's wonders. <https://youtu.be/J1Teb-jTYl>)
- ★ *Here We Are: Notes for Living on Planet Earth* by Oliver Jeffers
- ★ *The Bear and the Piano* by David Litchfield
- ★ Watch this short clip and talk as a family about the appreciation that could/should be shown by the boy. *The Present* <https://youtu.be/Wjqiu5FqsYc>

Behaviour & activities – doing together

- ★ Try a bit of fun Art appreciation. Go to <https://artclasscurator.com/easy-art-appreciation-game-printable-complete-the-picture/>



- ★ For the older members of the family, click on this link and look at the blog together. Can you put this into practice? Try it for a week, or a month. <https://www.jackcanfield.com/blog/how-to-show-appreciation/>

★ Happiness – family fun

- ★ As children now return to school, what are the aspects of lockdown that you have appreciated as a family? Make a big poster together with pictures and speech bubbles from everyone. Take a photo and post on the Family VibEs Facebook page. (I would love to see your thoughts! SJ)
- ★ **Spring Walk**

I find this is a time of year when I naturally feel appreciation for the signs of Spring. Go for a walk together and actively search for any buds showing signs of growth. Look closely at the ground, at the trees. Stop and listen to the bird song and watch bird behaviour. Look at the subtle changes in colours.



Wellbeing – being well in body and mind

- ★ Follow Mindful March on the Action for Happiness Calendar. <https://www.actionforhappiness.org/>
- ★ Being mindful helps us to appreciate all the good things in our lives, and to accept the things we cannot control with more equanimity.

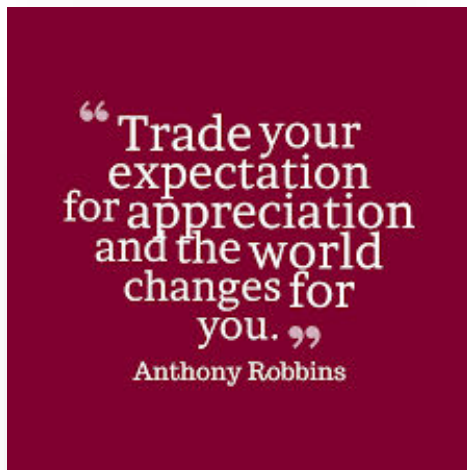
“Mindfulness means that we commit fully in each moment to be present”

- Jon Kabat-Zinn

ACTION FOR HAPPINESS



#MindfulMarch



Appreciation is . . .

- . . . *A person's greatest emotional need*
- . . . *Recognising the full worth of someone, somewhere, or something.*
- . . . *The best and most powerful form of motivation*
- . . . *A wonderful way to begin and end each day.*
- *How do you share your appreciation?*