



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 focus 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 really hope that you enjoy exploring these vital ideas and that they bring you even closer and more understanding as a family.



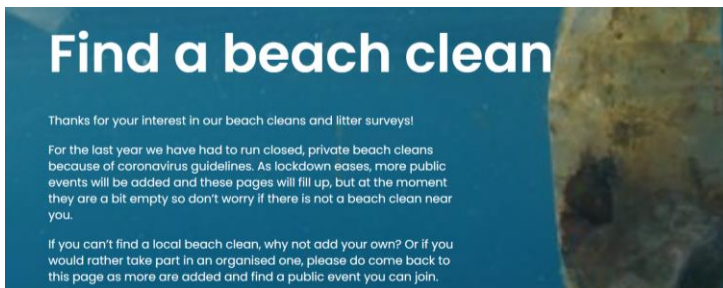
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Community



Communication – sharing ideas

- ★ What does **Community** mean to each of us? Let's listen to each other.
- ★ Community stories: This Child, Every Child: A Book about the World's Children by *David Smith*, Albert Upside Down by *Ian Brown*, Loch Downe Christmas: Aaron's Special Gift by *Alex Goss*, Duffy's Lucky Escape: A True Story About Plastic In Our Oceans by *Ellie Jackson*, The Wide Wide Sea by *Anna Wilson*
- ★ Community story video: Mama Panya's Pancakes <https://youtu.be/OhWv4PfcBPQ>
- ★ What is Community Spirit? https://youtu.be/RJ_HKxpvqZI



Behaviour & activities – doing together

- ★ What can you do as a family to support your community? How about a project for the summer?
- ★ Check out the Marine Conservation Society and see if you can join a beach clean. <https://www.mcsuk.org/what-you-can-do/join-a-beach-clean/>
- ★ Organise a second-hand sale to support a local charity.
- ★ Help with a recycling collection for your local area.
- ★ Hold a bake sale for a charity you care about as a family.

Happiness – family fun

- ★ Enjoy a team game and appreciate the way everyone uses their different skills to help the team (rounders, cricket, bowls). You could join up with other families at the local park.
- ★ Spend a night outside. It could be camping, just sleeping out in the garden, or just being outside after dark. Enjoy watching the night sky together and spot the constellations (communities) of stars.
- ★ Try learning a song in a round and enjoy the feeling of all playing your own part to produce a harmonious sound. (Frere Jacques or London's Burning are great ones to start with. You can change the words to suit your family!



Wellbeing – being well in body and mind

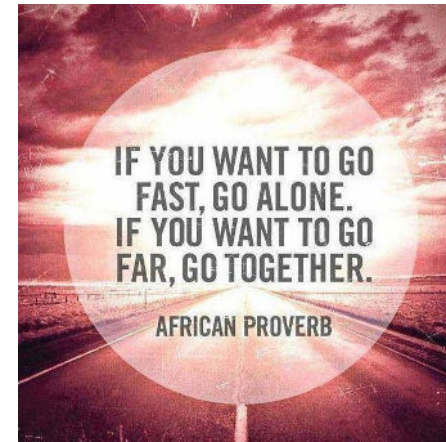
- ★ Try some mindful flower gazing from 'We Be Kids' <https://youtu.be/zPgxpPn5Buc>
- ★ Use the calendar below for a family challenge.



Community is . . .

- . . . *a group of people who share something in common.*
- . . . *feeling valued and an accepted part of a group*
- . . . *being together with a common aim*
- . . . *gathering together and sharing your stories*
- . . . *individuals contributing for the benefit of the group*

How do you feel about community?



*"Alone we can do so little; together we can do so much."
- Helen Keller*

