



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.



September 2020



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Determination



Communication – sharing ideas

- ★ What does **Determination** mean to each of us? Let's listen to each other. One definition is the ability to keep on trying to do something, even if it is difficult.
- ★ **Determination Inspiration:** <https://ethical-leader.blog/2020/05/22/dailywritingchallenge-day-50-determination/>
- ★ **Determination stories:** *Giraffes Can't Dance* by Giles Andreae, *Journey* by Aaron Becker, *The Boy Who Harnessed the Wind* by William Kamkwamba and Bryan Mealer, *Hidden Figures* by Margot Lee Shetterly, *After the Fall: How Humpty Dumpty Got Back Up Again* by Dan Santat, *The Promise* by Nicola Davies, *The Most Magnificent Thing* by Ashely Spires
- ★ YouTube video story: <https://youtu.be/JdZ6y9dNSsc> PLEASE watch this one!



Behaviour & activities – doing together

- ★ **Set a Family Goal.** Talk together and set a goal which everyone can work together to achieve. For example, waste less food, recycle more packaging, tidy the garden, clear out cupboards, or whatever you like. Support each other to show the determination to succeed.
- ★ How have you each needed Determination in order to achieve a personal challenge?

Happiness – family fun

- ★ **Determination Games:** Ball and spoon relay (keep going until you can succeed without dropping it even once).
Toss a ball into a laundry basket (keep practising until everyone has success and improves their score over a greater distance).
- ★ **Determination Heroes**
Each choose a personal hero and then work together to find out how that person has shown Determination in reaching their goals.



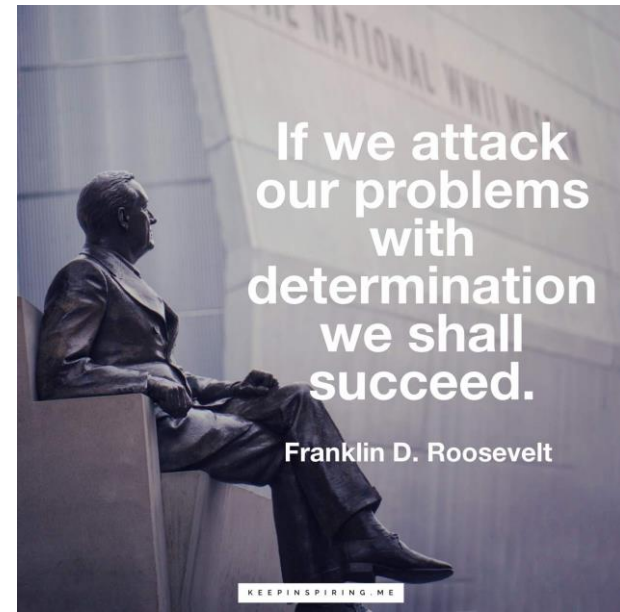
Wellbeing – being well in body and mind

- ★ **Try learning a new skill** such as keepy-uppy, juggling, knitting, tying knots; something that you can be determined to master. Talk about how you feel when you start, when you are practising, and when you finally succeed.



Determination is . . .

- *. . . a positive emotional feeling that involves persevering towards a difficult goal in spite of obstacles.*
- *. . . a powerful personal character trait where you are intent on achieving a goal.*
- *. . . a firm or fixed intention to achieve a desired end*
- *. . . the quality that you show when you have decided to do something, and you will not let anything stop you.*



If you can't fly then run
If you can't run then walk
If you can't walk then crawl
But whatever you do
you have to keep
moving forward.

- Martin Luther King

A river cuts through rock
not because of its power
but because of its
persistence.

- Jim Watkins

THE HEALTH SESSIONS

I believe success is
achieved by
ordinary people
with extraordinary
determination.

- Zig Ziglar

THE HEALTH SESSIONS