



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.



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Empathy

@yourbeautifulife

Empathy has no script. There is no right way or wrong way to do it. It's simply listening, holding space, withholding judgment, emotionally connecting and communicating that incredibly healing message of "you're not alone"

Brene Brown

Communication – sharing ideas

- ★ What does **Empathy** mean to each of us? Let's listen to each other.
- ★ Empathy stories: *Each Kindness* by Jacqueline Woodson, *Wishtree* by Katherine Applegate, For older children: *Wonder* by R.J. Palacio, *Out of My Mind* by Sharon Draper
- ★ Watch the video about 'ubuntu', a lovely short story to discuss as a family. <https://youtu.be/GjVwsgL2i98>



Behaviour & activities – doing together

- ★ Watch this amazing short film, 'The Present' <https://youtu.be/Wjqiu5FgsYc>
- ★ Another wonderful little story, beautifully told in film <https://youtu.be/yu24PZlkoY>
- ★ Go outside into the garden or another green space. Look, listen and smell and touch the natural environment. Can you empathise with any plants or creatures that need your support or help to flourish? E.g. do you have plants in your garden to encourage butterflies and bees? As a family make a plan to support an element of nature.

Happiness – family fun

Empathy Game★

- ★ To make your Empathy Game, you will need to print out a set of Situation Cards which you can download by [clicking here](#). The situations are fairly typical situations for children of primary school age.

The simplest way to play is to cut up the cards then take turns to read them and answer "How would they feel?" To make the game more fun, however, you can use props to explain what the character may be feeling or give them a selection of choices.

- ★ **Heroic Values** ★ Draw some pictures (cut out or print from the internet) of Key worker heroes and heroines. Put each one on a sheet of A4 paper. Then write down around them the Values you think each one needs for their work during this critical time. It's a great activity to do altogether as a family. NHS workers of all kinds, refuse collectors, supermarket assistants, care workers, farmers etc.



Wellbeing – being well in body and mind

- ★ Try a day of being non-judgemental. It is so easy to slip into judgement of others; should those people really be out walking here? But try instead thinking the best of people. Perhaps they have good reason to make those choices.
- ★ Encourage each other to talk about how you feel, perhaps over a meal together. This will help you develop a deeper understanding of each other.

Empathy is . . .

. . . awareness of the feelings and emotions of other people.

. . . a key element of Emotional Intelligence, the link between self and others.

. . . the ability to sense other people's emotions

. . . the ability to imagine what someone else might be thinking or feeling

How do you empathise with others?

"A teacher friend of mine was teaching maths to a class of six-year-olds, a number of whom were recently-arrived refugees from other countries.

The topic was fractions. My friend defined what a half and a quarter were, and then asked the children to write down whether they would prefer a half or a quarter of a chocolate bar. As she walked around the room, she noticed that some of the new students wrote they would prefer a quarter of the chocolate bar. My friend thought she would have to re-teach the lesson, as they didn't appear to understand that a half was bigger than a quarter. She asked the students why they would prefer a quarter of the chocolate bar and one little girl replied, 'So that more people could have a piece of chocolate.' I cried when I heard that story. It reminded me how beautiful humanity is if we take a moment to notice it."

—Siobhan Kukolic, author, speaker, and life coach, Toronto, Canada

Rather than pointing fingers or assigning blame, let's use this occasion to expand our moral imaginations, to listen to each other more carefully, to sharpen our instincts for empathy and remind ourselves of all the ways that our hopes and dreams are bound together.

Barack Obama

Empathy is

**seeing with the eyes of another,
listening with the ears of another,
and feeling with the heart of another.**