



## 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

Living values in the home

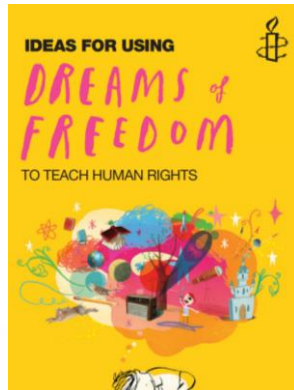
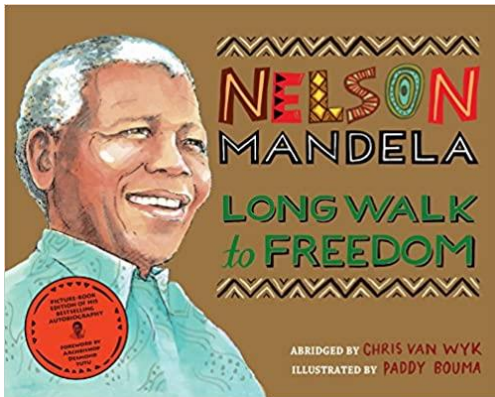
# Freedom

“For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others.”

**NELSON MANDELA**

## Communication – sharing ideas

- ★ What does **Freedom** mean to each of us? Let's listen to each other.
- ★ Freedom stories: *Freedom Bird: A Tale of Hope and Courage* by Jerdine Nolen, *Long Walk to Freedom (Nelson Mandela)* Children's edition, *Emmanuel's Dream: The True Story of Emmanuel Ofosu Yeboah* by Laurie Ann Thompson, *The Power of Henry's Imagination* by Skye Byrne, *The Dark* by Lemony Snicket, *Journey* by Aaron Becker
- ★ Freedom videos: Henry's Freedom Box  
<https://youtu.be/zvSBEBI483U> A Ride to Remember  
<https://youtu.be/d3GALe4IKwo>



## Behaviour & activities – doing together

- ★ Follow some of the activities in this booklet:  
[https://www.amnesty.org.uk/files/dreams\\_of\\_freedom\\_fiction\\_and\\_human\\_rights\\_activity\\_ideas\\_0.pdf?3hzwkGqpYwXoHaZfrZTKiPf0yXyTISwm=](https://www.amnesty.org.uk/files/dreams_of_freedom_fiction_and_human_rights_activity_ideas_0.pdf?3hzwkGqpYwXoHaZfrZTKiPf0yXyTISwm=)
- ★ Play an 'Escape Room' game as a family. There are several online versions now. e.g. <https://www.365escape.com>
- ★ If you had a free day, with no jobs and no limits, what would each of you do? Blue Sky thinking here, please!

## Happiness – family fun

- ★ Experience the freedom of playing a 'wide game'? 'Builders and Bulldozers' is a good one. You just need a few hula hoops or circles and some objects like fir cones or bean bags that don't roll too much. (an even number). Half the family are builders and half bulldozers. On the start the builders try to put objects one at a time in the hoops, while the bulldozers take them out (one at a time). When the time is up, the winning team is the one with the most objects in their area.
- ★ Human Knot Game  
Play this game and discover the relief of freeing yourselves by working together. (Instructions can be easily found online.)



## Wellbeing – being well in body and mind

- ★ Encourage every family member to choose their own fitness challenge for this month. We can each choose an exercise we enjoy and practise it daily.
- ★ As above, exercise your freedom to select the kind of 'pausing to be' that suits you. Make time for yourself everyday throughout the month. You may want to be mindful, draw quietly, do yoga, lie down outside, stare into space . . . Whatever works for you!

**Freedom** is . . .

. . . *independence to make choices*

. . . *feeling unfettered*

. . . *being your authentic self*

. . . *having the opportunity to speak, act and pursue happiness without unnecessary external restrictions.*

*How do you celebrate your personal freedom?*

**FREEDOM IS A STATE  
OF MIND**



**Freedom is not the right to do anything,  
it is the right to do the correct thing.**



*Freedom is being you,  
without anyone's permission.*

