



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’](#)

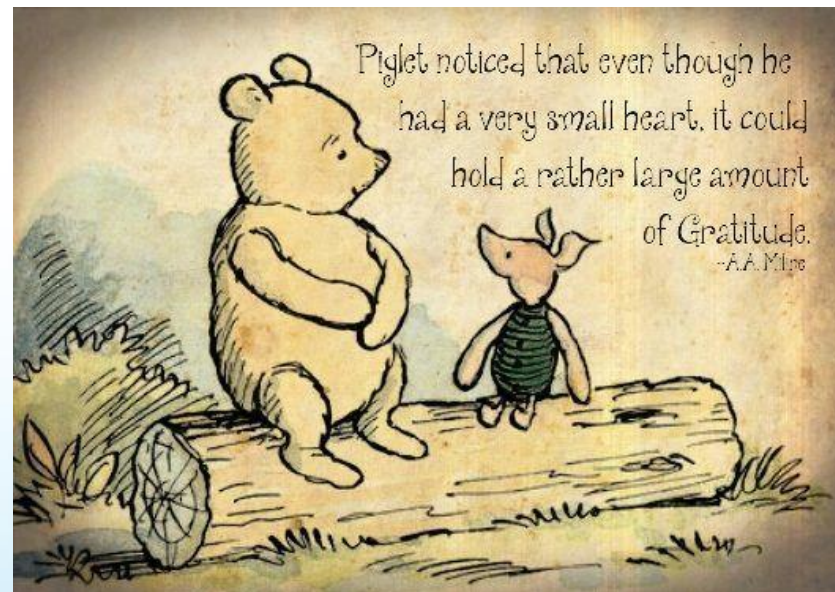
We do hope that you enjoy exploring these vital ideas and that you find they bring you even closer and more understanding as a family.



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Gratitude



Communication – sharing ideas

- ★ What does **Gratitude** mean to each of us? Let's listen to each other.
- ★ Gratitude stories: *My Dad's Brilliant* – Nick Butterworth, *My Mum's Fantastic, My Grandpa is Amazing, My Grandma is Wonderful, Who is the World For* – Tom Powell and Robert Ingpen, *I'm Special, I'm me* – Anna Meek, *Frog is a Hero* – Max Veltaijis, *Zoe and the Fairy Medicine* – Jane Andrews, *Broken Bird*– Michael Broad
- ★ Watch: I'm Thankful each day (younger children)
<https://youtu.be/JIodsXEvo4U>

Behaviour & activities – doing together

Gratitude Scavenger Hunt

1. Find something that makes you happy.
2. Something to give someone else to make them smile.
3. Find one thing that you love to smell.
4. Find one thing you enjoy looking at.
5. Find something that's your favorite color.
6. Find something you are thankful for in nature.
7. Find something that you can use to make a gift for someone.
8. Find something that is useful for you.

www.simplereading.com

The graphic features a list of eight scavenger hunt tasks on a lined paper background. At the top, there is a drawing of a branch with leaves. At the bottom right, there is a drawing of a pine cone and a branch with leaves. The website address 'www.simplereading.com' is at the bottom left.



★ Happiness – family fun

- ★ Make a gratitude 'shout out' board. Put up a large sheet of paper in a room where everyone spends time (kitchen, perhaps). Write 'Thank you for . . .' at the top and then leave a pack of post-it notes close by.

Everyone writes on a post-it whenever they feel grateful to a family member, e.g. Jim finding my lost key, and displays it on the sheet. At the end of the week, share these and celebrate.

Wellbeing – being well in body and mind

The Gratitude Game – *thank you David Gumbrell for this*

Just roll a dice (or use a random number generator on the internet). Then follow the corresponding reflection of gratitude according to these rules.

If you roll a 1: Name something in nature that you are grateful for and then Google it to find out a fact about that cloud, that insect, that flower that you didn't know before. Knowledge is good for the soul.

If you roll a 2: Name someone in your extended circle who you are grateful for. Send them a text today and ask if they are ok. Let them know that you are out there, let them know that you are thinking about them.

If you roll a 3: Name a public service that you are grateful for. Privately clap them for the good work that they are doing. Think of a way of showing appreciation for them — post something on social media to let them know that you care.

If you roll a 4: Name a foodstuff that you are grateful that you have in the cupboard. Can we reflect of consumables that we took for granted, but may appreciate more now?

If you roll a 5: Name a friendship that you are grateful for. As our resilience takes a bashing, we realise that we can't do this alone — we need others to help and support us on this. Who is that person for you? How can you let them know today?

If you roll a 6: You have to name all of the previous 5 that you are grateful for, working your way from 1–5 and do them all. Who said that 6 was a lucky number!

Gratitude is . . .

. . . A feeling of thankfulness and a pleasant feeling from within

. . . It can come from things that happen now or in the past

. . . Feeling grateful for people, places, sensations, achievements.

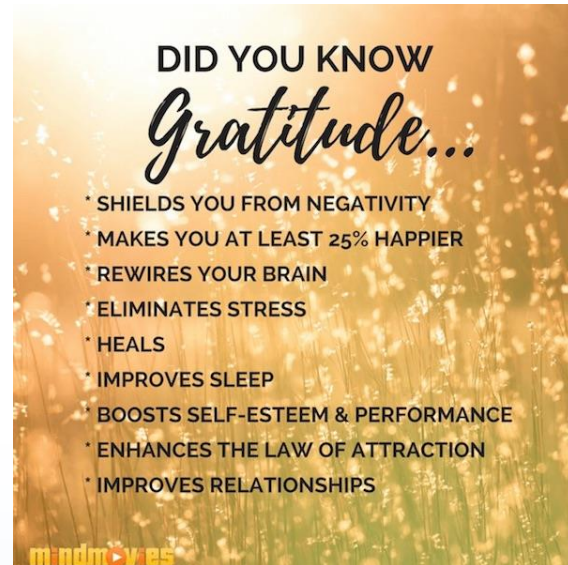
. . . A wonderful way to begin and end each day.

How are you feeling gratitude?

“This a wonderful day. I’ve never seen this one before.”— Maya Angelou

“It’s not happiness that brings us gratitude. It’s gratitude that brings us happiness.” — Anonymous

“Gratitude turns what we have into enough.”— Aesop



“We can complain because rose bushes have thorns or rejoice because thorns have roses.”— Alphonse Karr