



# 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

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# Happiness

“Happiness is  
not by chance,  
but by choice.”

—JIM ROHN

RS

## Communication – sharing ideas

- ★ What does **Happiness** mean to each of us? Let's listen to each other. Is happiness linked to what we have, or what we do, or what we say?
- ★ Happiness Stories: *Mixed Up Fairy Tales* by Hilary Robinson, *The Wonky Donkey* by Craig Smith, *Stuck* by Oliver Jeffers, *The Princess and the Pig* by Jonathon Emmett.
- ★ YouTube video stories: <https://youtu.be/e9dZQelULDk> . This is a very thought-provoking short animation. Ideal for older children and adults to watch together.
- ★ The Pursuit of Happiness [https://youtu.be/\\_OHDssbQPIY](https://youtu.be/_OHDssbQPIY)
- ★ Frog and Toad Stories: <https://youtu.be/OWIwUGAJs2U> from [3:18](#) A story to make you smile!



## Behaviour & activities – doing together

- ★ Happiness Gift Calendar  
Since it is December and a time of giving, create a Happiness Sharing Calendar together. Print a blank calendar and write down a happiness gift on every day. It can be something as simple as giving a smile to everyone you meet or making a phone call to a distant friend.
- ★ Film a Day in the Life of Your Family  
Document a whole day in the life of your family with your phones (or a camcorder or GoPro). You can edit multiple videos together easily with free editing apps and make a fun family movie to enjoy at the end! It would also be a lovely thing to share with family who live further away from you.
- ★ Family Festive Film Marathon  
Cuddle up on the sofa and watch some festive movies together. Turn the lights low and break open the popcorn to complete the ambience!

## Happiness – family fun

- ★ Prepare a family games evening, letting everyone choose a favourite game which makes them happy. The names of the game in a bag and draw them out to decide the order of playing.
- ★ Play the 'Happiness is . . .' game. Take turns to complete the sentence 'Happiness is . . .' a colour, a shape, a texture, an item of clothing, an animal, a kind of weather, a place, etc, etc. Each time you say something you explain why you have chosen that colour or shape, etc.

*“Happiness is . . . a circle because a hug makes a circle of arms.”*



## Wellbeing – being well in body and mind

- ★ At this time of year, with cold and with dark evenings, be aware of your own wellbeing and how you are feeling inside. That will also make you more aware of other people and their mental state.
- ★ Whatever the weather, try to get outside for at least some time each day. It is such a simple way to lift the spirits!
- ★ Try a Happiness meditation. There are lots on YouTube.

# Happiness is . . .

- . . . thinking happy thoughts*
- . . . the love of friends and family*
- . . . always your choice, if you make it.*
- . . . following your heart*

*What does Happiness mean to you?*

## 7 Steps to Happiness:

Think Less, Feel More
Frown Less, Smile More
Talk Less, Listen more
Judge Less, Accept More
Watch Less, Do More
Complain Less, Appreciate More
Fear Less, Love More

