



# 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

## Family VibEs

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# Harmony

AZ QUOTES

Sallust



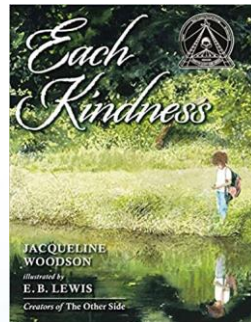
Harmony makes small things grow; lack of it makes great things decay.

## Communication – sharing ideas

- ★ What does **Harmony** mean to each of us? Let's listen to each other. To me, Harmony denotes cooperation in a very positive way.
- ★ Harmony is a situation in which people are peaceful and agree with each other, or when things seem right or suitable together:
  - racial harmony (= good feelings between different races)
  - domestic harmony (= good feelings in the family or home)Imagine a society in which everyone lived together in (perfect) harmony.
- ★ Harmony blogs: [morally-explicit.art/#harmony](https://morally-explicit.art/#harmony)
- ★ Harmony stories: *Duck in the TRuck* by Jez Alborough, *What If Everybody Did That?* by Ellen Javernick, *The Name Jar* by Yangsook Choi, *Owen and Mzee: The True Story of a Remarkable Friendship* by Isabella Hatkoff, *Tucky Jo and Little Heart* by Patricia Polacco, *Each Kindness* by Jacqueline Woodson
- ★ YouTube video story: <https://youtu.be/yF7Ou43Vj6c>

## Behaviour & activities – doing together

- ★ Try learning a new game from another country, e.g. Shisima from Kenya  
<https://www.youtube.com/watch?v=E94ajl6qvEw> (video instructions)
- ★ Get outside and experience the harmony of nature. Appreciate the signs of autumn and the subtle colours.
- ★ **Focus on what you enjoy doing together as a family.** Is it movie night? Long walks? Sharing a story? Whatever gives you that feeling of Harmony, make an intention to do more this month.



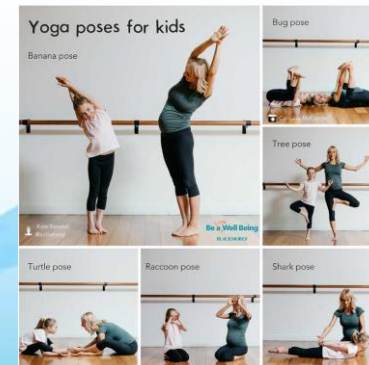
## Happiness – family fun

- ★ **Harmonise together.** Try to sing in harmony. The easiest way to do this is to sing a round, such as London's Burning or Frere Jacques. Its even more fun, if you re-write the words to suit your family.
- ★ **Harmony Wall Art**  
Share ideas and work together to produce a poster or image to represent Harmony. It might be for World Harmony, Racial Harmony or Family Harmony.



## Wellbeing – being well in body and mind

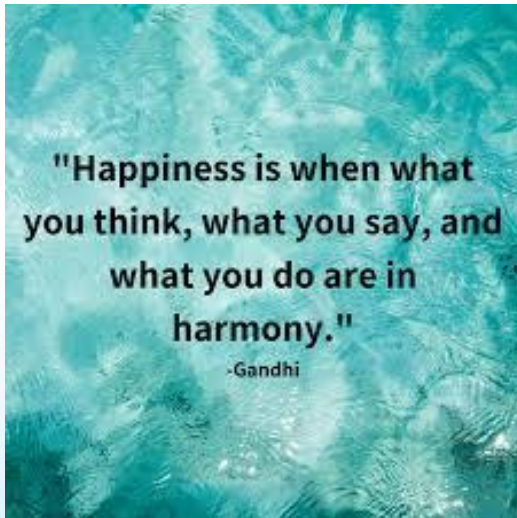
- ★ How about some family Yoga?  
<https://www.blackmores.com.au/energy/yoga/yoga-poses-for-kids>



- ★ Practice pausing for a **mindful** few minutes every day too.

## Harmony is . . .

- . . . *Harmony is a situation in which people are peaceful and agree with each other, or when things seem right or suitable together:*
- *racial harmony (= good feelings between different races)*
- *domestic harmony (= good feelings in the family or home)*
- *Imagine a society in which everyone lived together in (perfect) harmony.*



*Building family harmony starts  
with living our Values*

*Deb Houden*

**"Harmony is a beautiful balance between mind, body and soul measured in tender peaceful moments."**

*~ Melanie Koulouris*

