



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 important ideas and that you find they bring you even closer and more understanding as a family.



Family VibEs

Living values in the home

Honesty



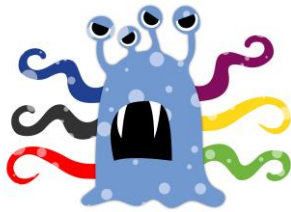
As I have said, the first thing is to be honest with yourself. You can never have an impact on society if you have not changed yourself... Great peacemakers are all people of integrity, of honesty, but humility.

— Nelson Mandela —

AZ QUOTES

Communication – sharing ideas

- ★ What does **Honesty** mean to each of us? Let's listen to each other. It can be a challenge for both adults and children to be completely honest.
- ★ Honesty stories: *The Emperor's New Clothes*, *The Honest to Goodness Truth* by Patricia C McKissack, *The Boy who Cried Wolf* by Aesop, *The Empty Pot* by Demi, *It wasn't Me* by Brian Moses
- ★ Watch: *The Lie Monster* <https://youtu.be/WMWJ5Of9RLE>



Behaviour & activities – doing together

★ Honesty Dice Game

Try this fun game for the family. Copy and enlarge the two sheets below. Then print on card and off you go!

Honesty Dice Game											
Roll the dice and answer the question that goes with the number you rolled. If you can answer correctly, move forward the number that you rolled.											
FINISH	98	97	96	95	94	93	92	91			
81	82	83	84	85	86	87	88	89	90		
79	78	77	76	75	74	73	72	71			
61	62	63	64	65	66	67	68	69	70		
60	59	58	57	56	55	54	53	52	51		
42	43	44	45	46	47	48	49	50			
40	39	38	37	36	35	34	33	32	31		
21	22	23	24	25	26	27	28	29	30		
19	18	17	16	15	14	13	12	11	10		
START	1	2	3	4	5	6	7	8	9		

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Honesty Dice Game Questions	
	One: Name one way that you have been honest.
	Two: Name one situation when it would be difficult to be honest.
	Three: Name one reason why it is important to be honest.
	Four: Name one time that you have been dishonest.
	Five: Name one way that others may view you if you are honest.
	Six: Name one way that others may view you if you are dishonest.

Happiness – family fun

★ Truth or Dare

You will need a list of questions written on pieces of paper, and a list of dares. Put the questions in one box and the list of dares in another. The questions need to be challenging so that the person answering finds it hard to answer them truthfully. For example, What is your greatest fear? The dares could be things like; Tell us your favourite joke or flap your arms like a chicken and squawk. Sit down together and take turns to pick a question from the question box. This person can either answer the question truthfully or take a dare! Continue with the game until all the questions are used. Talk about how difficult it was to answer the questions truthfully, and why.

- ★ **Tall Story** One member of the family is chosen to retell a story from a family event such as the last family holiday or birthday party. When the story is retold the person telling puts in 5 untruths into the story. The rest of the family have to write down the 5 untruths. The winner is the person who can remember all of them. The aim is to understand that it is very easy to tell exaggerations when things happen! The real truth is then distorted!



Wellbeing – being well in body and mind

- ★ Try 'Honest' yoga. <https://youtu.be/rKYUKipINHQ> You can try it as a family or on your own. Great for beginners!
- ★ One minute meditation video: <https://youtu.be/EJG00c2nzw> 'Choose Honesty' Be aware of your true self. Be true to yourself.
- ★ Take some time to be quiet each day. Become aware of yourself, of your breath, of your emotions and try to accept whatever comes up And then let it go!

Honesty is . . .

- . . . when you speak the truth and act truthfully*
 - . . . your actions matching your words and thoughts*
 - . . . being truthful, trustworthy, or upright.*
 - . . . Being true to your authentic self*
- How do you demonstrate Honesty?*

“Be a reflection of what you’d like to see in others. If you want love, give love, if you want honesty, give honesty, if you want respect, give respect. You get in return, what you give.”

Anonymous

“Honesty is more than not lying. It is truth telling, truth speaking, truth living, and truth loving.”

James E. Faust

Honesty is more than not lying.
It is truth telling, truth speaking,
truth living, and truth loving.

James E. Faust

if you want to be
TRUSTED, be
HONEST.
if you want to be
honest, be TRUE.
if you want to be
true, be
YOURSELF.