



# 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.

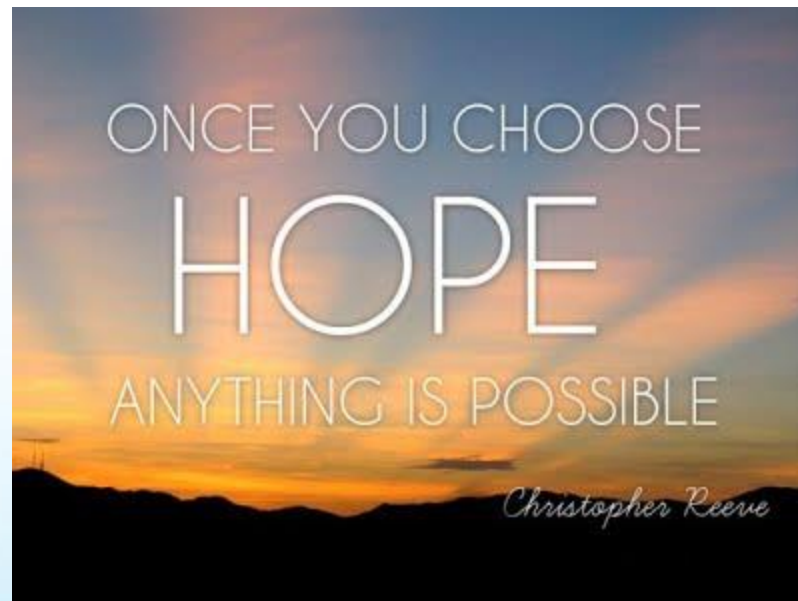
We suggest that you begin each week by talking about the Value and what it means to each one of the family. Then look together at the suggestions for activities and decide which ones you would like to try together. It would be wonderful to get some feedback so that the resources can evolve and grow and 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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# Hope



## Communication – sharing ideas

- ★ What does **Hope** mean to each of us? Let's listen to each other.
- ★ Hope stories: *A child's Garden*—Michael Foreman , *The Tin Forest* —Helen Ward,
- ★ *The Book of Hopes* – Katherine Rundell  
<https://literacytrust.org.uk/family-zone/9-12/book-hopes/> A whole wonderful book you can read online.
- ★ Watch: A beautifully told version of Pandora's Box  
<https://youtu.be/Bcrms7GWVs4>
- ★ Watch this version of an uplifting picture book *Miss Rumphius* by Barbara Cooney [https://youtu.be/xxh8ZPU\\_Hfy](https://youtu.be/xxh8ZPU_Hfy)



## Behaviour & activities – doing together

- ★ **Jar of hopes and dreams.** Cut long strips of coloured paper (wrapping paper works well). Each person writes down their hope or dream for the future and folds the strip into a little 3D star. Instructions for this are at <https://www.thesprucecrafts.com/3d-folded-paper-star-tutorial-2905535>
- ★ Fill a glass jar with your hopes and dreams and agree on a date when you will open them and see if you achieved your dream.

## Happiness – family fun

### Hope Display☆

- ★ Collect some interesting looking rocks – you will need four in total. Wash them and when dry paint a letter on each to spell the word HOPE. Give this pride of place in your home or garden and it will act as a reminder to always have hope!

### Hidden Gems ☆

- ★ You will need a clear plastic jar like a coffee jar or jam jar. Also, 15 very small plastic objects such as a paper clip, bead, dice, googly eye etc, birdseed or rice and tape. Make a list of the items that you are going to put into the jar so that another person will know what to look for. Place the items in the jar and pour in the birdseed or rice a bit at a time. Place on the lid and seal around the edge with tape. Now! Give a good old shake to mix up all the objects. The idea is that a person has to search and find all the objects by moving the jar around. The one who finds the most is the winner!



## Wellbeing – being well in body and mind

- ★ Share a positive and hopeful visualisation together. You can try: <https://youtu.be/eXSLQZq08nA>
- ★ Find out about a local charity helping those with Mental illness. Look at this one as an example: [dontlosehope.co.uk](http://dontlosehope.co.uk)



# Hope is . . .

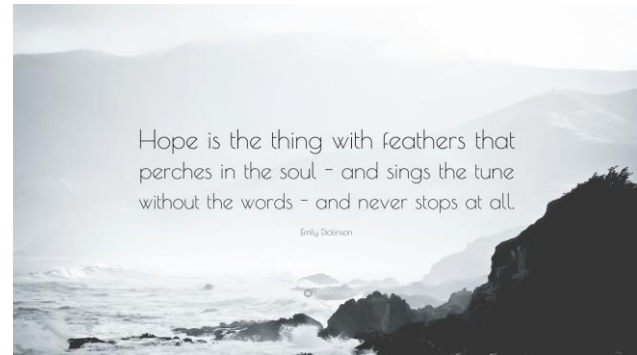
*. . . an optimistic state of mind that is based on an expectation of positive outcomes*

*. . . A candle in the darkness*

*. . . The only thing stronger than fear.*

*. . . A wealth of possibilities*

*What are your hopes for the next day, month, or year?*



*Dream it,  
Believe it,  
Feel it,  
Achieve it!*

Clehonger Primary  
School

*“Learn from yesterday,  
Live for today,  
Hope for tomorrow.”*  
— Albert Einstein

*“Never lose hope. Storms  
make people stronger and  
never last forever.”*  
Roy T. Bennett