



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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Joy

We need **Joy** as we need air.
We need **Love** as we need water.
We need **each other** as we need
the earth we share.

– Maya Angelou



Communication – sharing ideas

- ★ What does **Joy** mean to each of us? Let's listen to each other. Is Joy the same as Happiness or is there a subtle difference?.
- ★ Joy Stories: *Happiness doesn't come from Headstands* by Tamara Levitt, *Happy Birth Day* by Robie H. Harris, *Aliens Love Underpants* by Claire Freedman, *Mixed Up Fairy Tales* by Hilary Robinson.
- ★ Youtube video stories: <https://youtu.be/eaCcflZgr0Q> , <https://youtu.be/Zf6KNWRwluE>



Behaviour & activities – doing together

- ★ Start a **Wall of Joy**. Put up a large sheet of paper somewhere in the house. Let everyone decorate it by adding things that give them joy. You can draw or write, and this works best if you just add to it as things happen during the week.
- ★ Talk about what makes you happy, and why. Try out someone else's happy thing. Does it work for you? Does it help you understand them better?
- ★ Check out the Action for Happiness website which has lots of ideas and resources. I recommend their book, "50 Ways to Feel Happy" <https://www.actionforhappiness.org/>

Happiness – family fun

- ★ Hold a family comedy night. Let everyone prepare a few jokes to tell and prepare a programme, refreshments and seating plan. Make it a real fun time for everyone. Even the youngest children enjoy joining in the laughter (although they don't always get the joke!)
- ★ Put on a Happy Games Event. Once the social distancing rules are relaxed, you can join with another family too. Play a few games like 'keepy uppy', a relay hopping race, or any silly games you can think of. At the end of each game each person gives the game a 'Happy Score' from 1 to 10 to indicate how happy it made them feel. (This idea is thanks to '50 ways to feel Happy' from Action for Happiness.)



Wellbeing – being well in body and mind

- ★ Try a Guided Meditation on a Happiness theme. Here is one which is free to use: <https://www.greenchildmagazine.com/guided-meditation-happiness-factory/>
- ★ Here is another from Headspace: <https://www.headspace.com/meditation/happiness>
- ★ I highly recommend pausing in your day to go inward and connect with your authentic self as a way of developing a greater capacity for Joy.

Joy is . . .

- . . . the emotion of great delight or happiness*
 - . . . can often be a choice*
 - . . . the kind of happiness that doesn't depend on what happens.*
 - . . . Is felt when we choose to find the good in everything*
- What does Joy mean to you?*

"Find joy in everything you choose to do. Every job, relationship, home. It's your responsibility to love it or change it."

Chuck Palahniuk

"Joy is what happens to us when we allow ourselves to recognize how good things really are."

Marianne Williamson



"When you do things from your soul, you feel a river moving in you, a joy."

Rumi

<http://lifeempoweredquotes.blogspot.com>