



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.

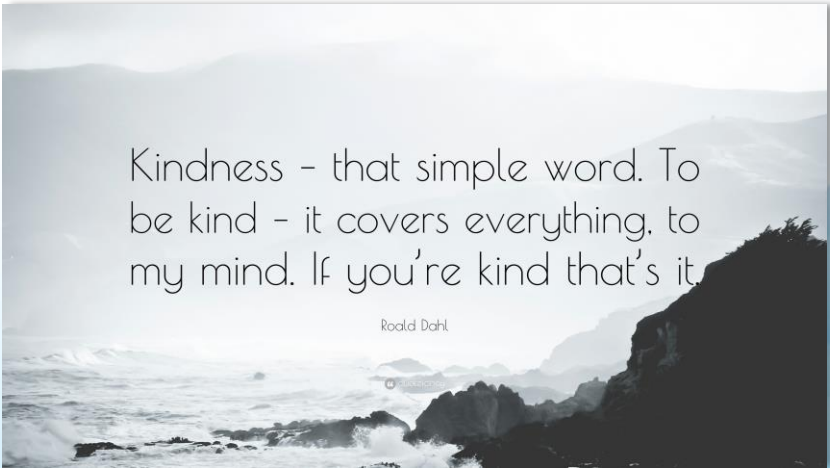
We suggest that you begin each week by talking about the Value and what it means to each one of the family. Then look together at the suggestions for activities and decide which ones you would like to try together. It would be wonderful to get some feedback so that the resources can evolve and grow and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

Kindness



Communication – sharing ideas

- ★ What does **kindness** mean to each of us? Let's listen to each other.
- ★ How do we show kindness? Is it in the small things, or are there some really big demonstrations of kindness? Are they just within our family, or do they reach others?
- ★ Kindness Boomerang film <https://youtu.be/nwAYpLVyeFU>
- ★ The Act of Kindness film <https://youtu.be/9rPsJdO1PeE>
- ★ Kindness stories: *The Rainbow Fish* by Marcus Pfister, *The Giving Tree* by Shel Silverstein, *The Snail and the Whale* by Julia Donaldson, *Lost and Found* by Oliver Jeffers



Behaviour & activities – doing together

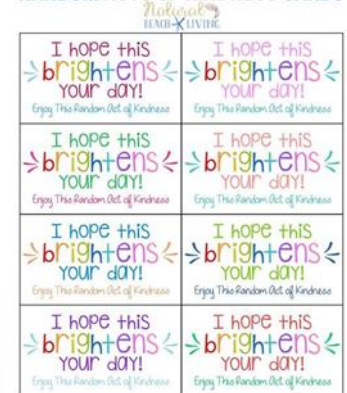
- ★ April showers... Great for growing kindness (<https://www.thekindnessrocksproject.com/>). Decorate stones which you can leave for others to find (after the Corona virus isolation). Include a kind message.
- ★ Find out about Danny Wallace and his Random Acts of Kindness.
- ★ Write letters or send pictures to people in a care home. They cannot have visitors at the moment.
- ★ Kindness Cards ☆ Giving cards to someone you love is a really kind thing to do! Everyone likes to receive a card, and a card to say thank you for showing an act of kindness shows someone that you really appreciate them. Design and make your own by cutting out small cards and decorating them. Write on the card, 'I really thought you were very kind today when you...'

★ Happiness – family fun

- ★ Make a Kindness calendar.
Visit <https://www.actionforhappiness.org/kindness-calendar> and make a list of kind acts to do each day, which are safe during the Coronavirus emergency.
- ★ Do something for a charity. Decide on a charity to support by doing or making something. Work together to raise funds.



RANDOM ACTS OF KINDNESS CARDS



Wellbeing – being well in body and mind

- ★ Write everyone's name on a slip of paper. Mix them up and then take one each. Keep it a secret. Do something kind for that person. At the end of the day talk about how you felt and how it made them feel.
- ★ Show kindness by allowing each member of the family some calm and peaceful time in their busy day.

Kindness is . . .

. . . *putting others first*

. . . *sharing and caring*

. . . *thinking of others*

. . . *being kind to yourself too*

How are you being kind?

“A single act of kindness throws out roots in all directions, and the roots spring up and make new trees.”

Amelia Earhart



KINDNESS

Pass it on!

Give a flower Eat lunch with someone new

Listen with your heart Visit a sick friend

Clean a neighbor's walk Offer a hug

Give an unexpected gift Make a new friend

Pick up litter Say “hello” Call a lonely student

Open a Door Help carry a load Plant a tree

Pass a kindness on Share a snack

Cheer up a friend Thank a Teacher Lend a hand

Read to a young child Do a kind act daily

Leave a thank you note Offer your seat

Cycle courteously BE TOLERANT Let another go first

Bake cookies for firefighters Give a compliment

Help a student make friends Assist an adult

Give a balloon away Lend a classmate a pencil

Celebrate something every day Encourage a friend

Respect others Walk a dog Do a favor

Forgive mistakes Smile at someone new 

www.actsofkindness.org

the random acts
of kindness foundation

“Kindness is the language which the deaf can hear and the blind can see.”

Mark Twain