



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 month 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.



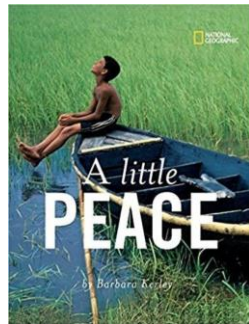
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Peace



Communication – sharing ideas

- ★ What does **Peace** mean to each of us? Let's listen to each other. It can mean anything from world peace to a little bit of quiet in our busy day! Peace is chosen for this month because 11th November is Armistice Day.
- ★ Peace Stories: *A Little Peace* by Barbara Kerley, *Paulie Pastrami Achieves World Peace* by James Proimos, *Peace* by Wendy Anderson Halperin, *Peace is an Offering* by Annette Le Box, *When Picasso Met Mootise* by Nina Laden
- ★ Youtube video of the above: <https://youtu.be/EldIXkzI0dY>



Behaviour & activities – doing together

- ★ Make some Poppy bunting to show respect for, and to remember, those who have fought in wars to preserve our Peace. <https://www.thepurplepumpkinblog.co.uk/free-printable-poppy-bunting-remembrance-day-poppy-day/>
- ★ Try your hand at making a display of 'Pinwheels for Peace' with messages about Peace written on the sails. Invite others to add to your display and let it grow. <https://marshallmirror.wordpress.com/2011/09/30/pinwheels-for-peace/>

Happiness – family fun

- ★ Try a quiet game. One where you don't actually need to talk! Attach a piece of A4 paper to the back of one person. They have an identical plain piece of paper in front of them. While you draw a simple image one stroke of the pencil at a time on their back, they must try to do exactly the same on their paper. The silence will be broken when you compare the results! Now swap roles.
- ★ Make a Peace I-spy jar: Almost fill a jar with rice, then add objects linked to peace, such as miniature poppies, hearts, etc.



- ★ Enjoy an Autumn walk together as a family. Appreciate the simple things like the wildlife, the colours, the fresh air on your faces.



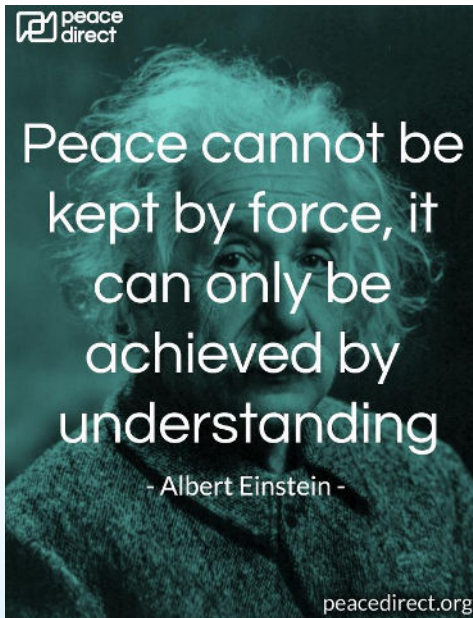
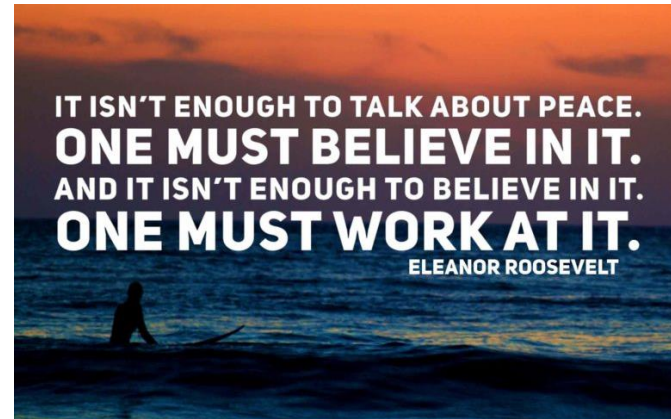
Wellbeing – being well in body and mind

- ★ I am Peace <https://youtu.be/77ZInkVEbis> a reading of this book about mindfulness in child friendly language.
- ★ Try a reflection on calmness together as a family. If you click on this link <https://treasures.valuesbasededucation.com/reflections/> and select the Calmness Powerpoint presentation, it will guide you through a lovely calming visualisation experience. *I recommend trying it!*

Peace is . . .

- . . . a stress-free state of security and calmness
- . . . a concept of societal friendship and harmony in the absence of hostility and violence
- . . . In a social sense, peace is commonly used to mean a lack of conflict
- . . . a state of mutual harmony between people or groups

What does Peace mean to you?



peace.

it does not mean to be in a place where there is no noise, trouble or hard work. it means to be in the midst of those things and still be calm in your heart.

(unknown)