



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.

Communication – sharing ideas

- ★ What does **Positivity** mean to each of us? Let's listen to each other.
- ★ Watch a Video of *Potatoes, Eggs and Coffee beans story* <https://youtu.be/GVw1Raxk8f0>
- ★ Positivity stories: *Greta and the Giants* by Zoë Tucker
Illustrator: Zoe Persico (Age 4-8 yrs), *Oh! The Places You'll Go!* - Dr Seuss, *You Are Awesome* by Matthew Syed (Age 10+), Happiness does not *Come from Headstands* by Tamara Levitt



Behaviour & activities – doing together

- ★ Share ideas of what you each enjoy/like/appreciate in their lives.
- ★ Activity – **Create an affirmation board.** Grab a poster board or small canvas. Together, draw or find pictures which describe your values, things you want to achieve, and/or who you want to become. Encourage everyone to include positive things they believe about themselves, their goals, things they can't do YET but want to learn
- ★ Keep a **daily positivity diary** – include in it for example 'one amazing thing that happened today', a personal affirmation, how will I make tomorrow even better and/or something you are looking forward to tomorrow.

Happiness – family fun

- ★ Music is a great way to lift your mood. Hold a family disco with a playlist of everyone's favourite tracks. Be positive about the choices of others (even if their taste differs from yours!)
- ★ Use an old tissue box to post positive statements about each other and then open them at the end of the week for a celebration.



Wellbeing – being well in body and mind

- ★ Why not share your 'positive' place? Tell your family about a place that is special to you.
- ★  Positive Affirmations are positive statements that children and adults can repeat to themselves in order to increase self-esteem, promote positive thinking, and change negative self-talk. They work best if each person thinks of their own. This is because the healing power of affirmation comes not from saying the positive words aloud, but from internalizing them. We suggest affirmations that are short, positive, and present tense. Examples include:
 - I am kind.
 - I am enough.
 - I am loving.
 - I am a good friend.
 - I am unique.

A whole family affirmation would be a lovely way for everyone to work together.

Many thanks to Sarah Phillips (HT of Loddon Primary School) for contributing many of the ideas for this week's Value of Positivity.

Positivity is . . .

. . . the act of training your brain to think and respond to situations calmly and optimistically. It takes time and a little effort every day, but the rewards can be life-changing.

. . . thinking in an optimistic way, looking for solutions, expecting good results and success, and focusing and making life happier. It is a happy and worry-free state of mind, which looks at the bright side of life.

*“Keep your face to the sunshine
and you cannot see a shadow.”*

Helen Keller

*“When someone does something
good, applaud! You will make two
people happy.”*

Samuel Goldwyn

*“If you look at what you
have in life, you’ll always
have more. If you look at
what you don’t have in life,
you’ll never have enough”*

Oprah Winfrey

EVERYDAY
IS YOUR
CHANCE
TO BE
GREAT!

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