



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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Courage



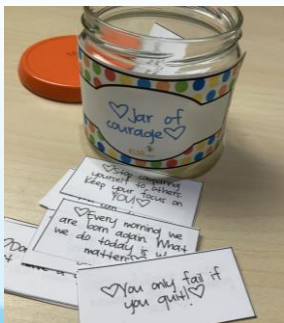
Communication – sharing ideas

- ★ What does **Courage** mean to each of us? Let's listen to each other.
- ★ Read stories about heroes and list all the courageous things they did.
- ★ Courage stories: David and Goliath, *Nasreen's Secret School* by Jeanette Winter, *The Tortoise and the Soldier* by Michael Foreman, *Courage* by Bernard Waber, *Spaghetti in a Hot Dog Bun: Having the Courage To Be Who You Are* by Maria Dismody, *Giraffes Can't Dance* by Giles Andreae, *Greek myths and/or Arthurian legends*.
- ★ Online story: <https://numawokcreative.com/the-little-girl-and-the-sea/>

Behaviour & activities – doing together

- ★ Make a Courage wall; put up post-it notes to celebrate acts of courage shown by every member of the family. (They may be big or small, physical or moral)
- ★ **Jar of Courage**

The Jar of courage consists of some labels to label your jar and 48 inspirational messages. The idea is that each family member can take one if they are feeling a bit scared about something or you could talk about a different one each morning or evening.



Happiness – family fun

Courage Experiment★

- ★ You will need: A ziplock sandwich bag, water, sharp pencils and pens

Fill the sandwich bag with water (leave some space at the top) and seal it.

Talk about the times when we need to have courage. What are the things that scare us and we worry about having to do? The things that we worry will hurt us? Ask the children what would happen if we poke a pencil in the plastic bag? Hopefully they will suggest that it will leak! Take a pencil and poke it all the way through the bag. There is no leakage whatsoever. The pencil is like the thing we are scared of. We are worried it will hurt us (or make our strength leak away), but if we can find the courage to face a challenge it is often not as bad as we fear. Take turns to share your fear and poke a pencil through the bag.

★ Role Play Scenarios

Sometimes what we need is practice in order to succeed. Role playing can be a really effective way to get that practice. Younger kids usually respond well to a formal type of role play. Consider brainstorming scenarios when courage is needed and then role playing those scenarios together. For older children, it might be more beneficial to wait until a situation arises that requires courage. Then discuss what needs to be done or said and ask, "Would you like to practice that?"

Wellbeing – being well in body and mind

- ★ Try out some confidence boosting affirmations. Create some of your own or try some of these.
- ★ Practise deep breathing techniques to relieve moments of stress.



Courage is . . .

. . . making the right choice when others try to persuade you to do otherwise.

. . . accepting change, even when it is not what you would like.

. . . choosing to confront pain, danger, uncertainty, or intimidation.

. . . Talk about times when you have shown courage.

Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.

Winston Churchill

COURAGE
IS NOT
HAVING THE
STRENGTH
TO GO ON;
IT IS GOING
ON WHEN
YOU DON'T
HAVE THE
STRENGTH.

THEODORE ROOSEVELT

YOU GAIN
STRENGTH,
COURAGE AND
CONFIDENCE BY
EVERY EXPERIENCE
IN WHICH YOU
REALLY STOP TO
LOOK FEAR IN THE
FACE. YOU MUST
DO THE THING YOU
THINK YOU
CANNOT DO.

ELEANOR ROOSEVELT

**“COURAGE
DOESN'T
ALWAYS ROAR.**

Sometimes
courage is the
quiet voice at
the end of the
day saying
**'I will try again
tomorrow.'**”

— MARY RADMACHER

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