



# 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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# Friendship



## Communication – sharing ideas

- ★ What does **Friendship** mean to each of us? Let's listen to each other.
- ★ Friendship Stories: The ageless stories of *Winnie the Pooh* by A. A. Milne (my 38-year-old son still finds solace in these!), *Frog and Toad* by Arnold Loben, *The Adventures of Tom Sawyer* by Mark Twain, *Harry Potter Books* by J. K. Rowling, *Lost and Found* by Oliver Jeffers, *Superworm* by Julia Donaldson. So many stories are built upon the relationships of friends. There are really too many to list here. Why not compile your own family list?
- ★ Youtube story about friendship: [https://youtu.be/TPkqoj\\_k\\_98](https://youtu.be/TPkqoj_k_98)



## Behaviour & activities – doing together

- ★ Make a friendship bracelet, or other small home-made gift, to send to friends who you have not seen for a while.
- ★ Take the five finger Friendship Challenge.
- ★ Make new friends by writing to residents in a Care Home and cheering them up.



## Happiness – family fun

- ★ Friendship Game:  
Challenge each other to compile the longest list of famous friends, e.g. Laurel and Hardy, Pooh and Piglet, etc
- ★ Friendship Sorting Game: <https://pin.it/7HPbELd>
- ★ Create your own 'Friendship Recipe' modelled on this:

### Ingredients:

- 1 cup loyalty*
- 2 cups kindness*
- 3 teaspoons forgiveness*
- 5 tablespoons thyme for each other*
- 4 gallons honesty*
- 1 cup faith*

### Method:

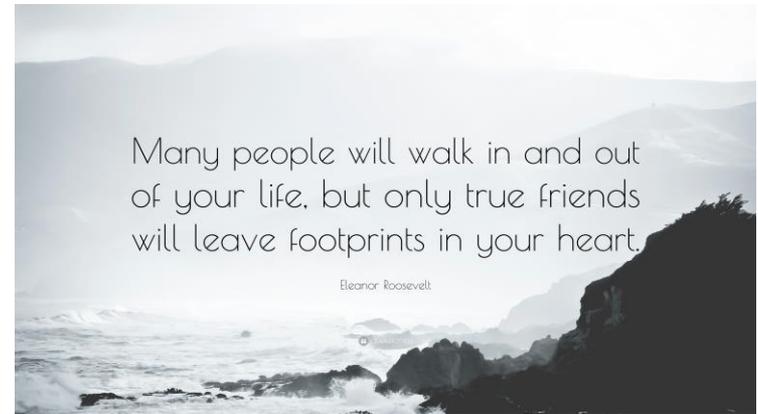
- *Combine all ingredients with love and affection, and mix carefully.*
- *Stir well, and should you notice any lumps or flaws, handle gently and overlook as often as possible.*
- *Sweeten generously with a firm belief in each other and keep warm with a caring heart, and watchful eye.*
- *Never serve hot or cold, just room temperature.*
- *Let stand for a lifetime of special memories.*

## Wellbeing – being well in body and mind

- ★ Try a loving kindness meditation spreading loving kindness to family and friends.  
<https://youtu.be/QhmrkcX2eDo>
- ★ Make an effort to smile at anyone you encounter today. That small act can make a massive positive difference to their day. (And it makes you feel good too!)

## *Friendship is . . .*

- . . . Treating each other with care and respect.*
- . . . Listening with true attention*
- . . . Mutual trust and honesty*
- . . . Laughing and smiling together*
- . . . How else can we show true friendship?*



*“A friend is someone who understands your past,  
believes in your future and accepts you for who you are  
today.”*

Aleatha Romig

*The only way to have a friend is to be  
one.*

Ralph Waldo Emerson

**Share your smile  
with the world. It's a  
symbol of friendship  
and peace.**

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