



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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Resilience

Resilience

"The human capacity to face, overcome,
be strengthened by,
and even transformed by adversity."

(Grotberg, 1996)

Communication – sharing ideas

- ★ What does **Resilience** mean to each of us? Let's listen to each other.
- ★ Resilience Stories: *The Most Magnificent Thing* by Ashley Spires, *Pete the Cat* by E. Litwin, *She Persisted Around the World* by Chelsea Clinton & Alexandra Boiger, *Home of the Brave* by Katherine Applegate, *A Long Walk to Water* by Linda Sue Park & Ginger Knowlton, *The Dot* by Peter H. Reynolds
- ★ Youtube video story:
<https://youtu.be/gQWfYAsohttps://youtu.be/1FDyiUEn8VwLUQ>



Behaviour & activities – doing together

- ★ Do something Dangerous! No, not really dangerous, just something new with an element of risk involved. To be resilient we need to deal with failure and work through it. Choose a family activity which will challenge everyone. Perhaps a new sport? Or trying new foods, if you are not a sporty family?
- ★ Why not make a video about your family, especially if you have never done anything like this before? Work out how to edit and add sound, etc. A Family VibEs Video would be a wonderful idea! Please share!

Happiness – family fun

- ★ The Tricky Task Game
 1. Everyone has to do something (adults too).
 2. It must be something that requires daily deliberate practice
 3. You can give up, but only when the week is over. You must finish what you began
 4. You get to pick your 'Tricky Task.'

This is a tough one for everyone, but you can encourage and support each other through it.

- ★ Play a family game of *Jenga* or even *Giant Jenga*. Or any other similar game which requires resilience). Jack Straws is another game where perseverance and resilience are key skills.



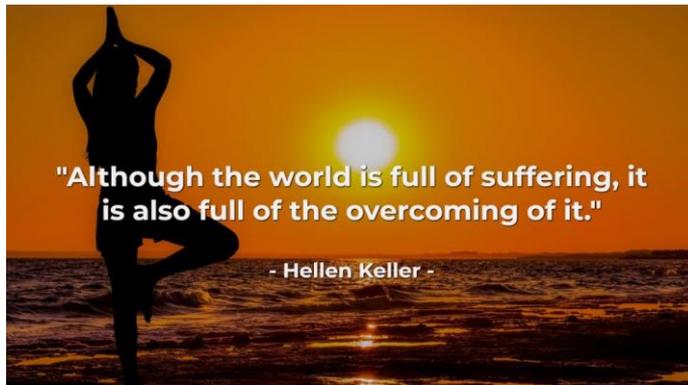
Wellbeing – being well in body and mind

- ★ Being able to manage your emotional state is a key part of resilience. Meditation is a great way to help with this. Try one of the specially designed practices for children on *Headspace* or *Calm.com*. Both offer free trials.
- ★ Just taking a quiet time to focus on your breath and give your brain a 'break' can help you build resilience and the ability to cope with stressful situations.

Resilience is . . .

- . . . the capacity to recover quickly from difficulties
- . . . recovering strength, spirits, good humor, etc. quickly
- . . . bouncing back
- . . . what gives people the emotional strength to cope

What does Resilience mean to you?



*"The human capacity for burden is like bamboo- far more flexible than you'd ever believe at first glance."
— Jodi Picoult*

