



# 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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# Respect



## Communication – sharing ideas

- ★ What does **Respect** mean to each of us? Let's listen to each other. Respect is a Value that has to be show to be earned.
- ★ Respect Stories: *How to Make a Better World* by Keilly Swift, *The Tree Lady* by H. Joseph Hopkins, *Here we are* by Oliver Jeffers, *The Lorax* by Dr Seuss, *Respect* by Michaela Morgan, *Child of Galaxies* by Blake Nuto
- ★ Youtube video story: <https://youtu.be/gQWfyAsoLUQ>



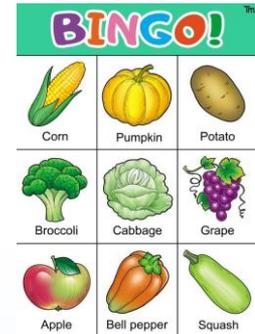
## Behaviour & activities – doing together

- ★ Watch the Respect Rap on Youtube <https://youtu.be/iGuT9-Y5J4> Now try making up your own family rap based on this one.
- ★ Make a mind map of what Respect looks like in your home.
- ★ (see the example below)



## Happiness – family fun

- ★ Happy Families game. Play the traditional card game or one of the many alternatives available, but practise requesting cards respectfully!
- ★ Try Respectful Bingo! There are lots of picture matching Bingo games for young children (or you can make your own for learning sight words, etc) When the caller holds up a picture you have on your base board you must say 'Yes please' politely to be given the card (shouting out does not work!) Ideas could be based on pictures of wild birds/insects, cars, or anything that is a common interest for the family.



## Wellbeing – being well in body and mind

- ★ Respect starts with self respect and part of that involves respecting our own health and wellbeing. What can we do to improve our general health and wellbeing?
- ★ Each family member can set a goal for the week. It may be to eat more healthily, take more exercise or even go to bed earlier! Support each other in achieving your goal.



# Respect is . . .

. . . due regard for the feelings, wishes, or rights of others

. . . given, in order to receive it in return

. . . acknowledging differences without criticism

. . . needed to achieve harmony

*What does Respect mean to you?*

*“Respect is like a mirror. The more you show it to others, the more it is likely to reflect on you.”*

Prem ‘Sagar’



How To Be Respectful	<b>R</b> - Remain calm
	<b>E</b> - Encourage others
	<b>S</b> - Stay positive
	<b>P</b> - Politeness
	<b>E</b> - Embrace differences
	<b>C</b> - Consider the consequences
	<b>T</b> - Think before you speak