



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.

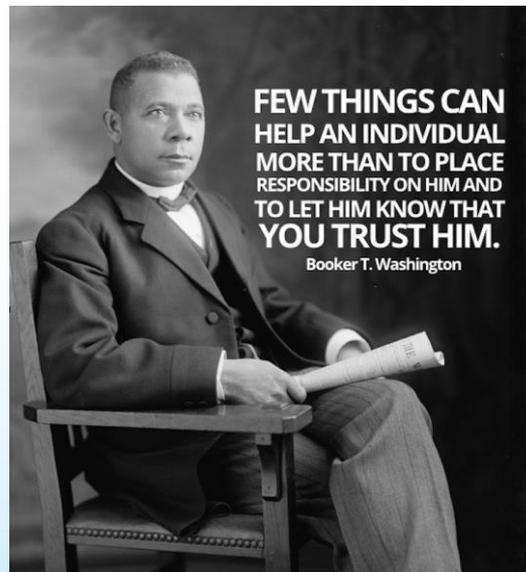
We suggest that you begin each week by talking about the Value and what it means to each one of the family. Then look together at the suggestions for activities and decide which ones you would like to try together. It would be wonderful to get some feedback so that the resources can evolve and grow and 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.



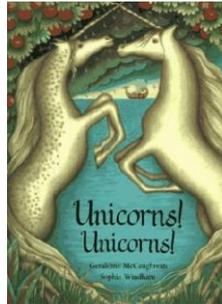
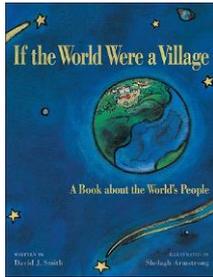
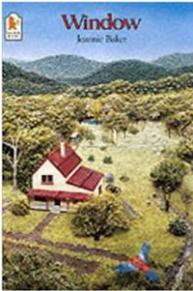
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Responsibility



Communication – sharing ideas

- ★ What does **responsibility** mean to each of us? Let's listen to each other.
- ★ How do we show responsibility in our daily life? List each family member's responsibilities. Could some younger members try new ones this week? Why not try each other's?
- ★ Watch a Video of *If the World were a Village of 100 people* <https://youtu.be/FtYjUv2x65g>
- ★ Responsibility stories: *Where the Forest meets the sea* and *Window* by Jeannie Baker, *Unicorns, Unicorns!* By Geraldine McCaughrean, *If the World were a Village* by David J Smith



Behaviour & activities – doing together

- ★ Do some family research into Fairtrade. (Fairtrade.net). Talk about how it came about. What Fairtrade products do you buy as a family? How does it link to being responsible?
- ★ Become ECO warriors, responsible for our planet! Create a wall chart to record what everyone recycles in your household. Have a column for each type of recycling (or re-use). Keep a tally for the week of every time an item is recycled. How well are you doing?



Happiness – family fun

- ★ Try a responsible project; create bird feeders and identify the birds that visit. At this time of year, they are nesting and bringing up the young.
- ★ Plant some seeds and nurture them. They can be for beauty or for food. They can be in a garden or a windowsill pot. Record how they grow. Take photos every day.
- ★ At dinnertime, choose a food on your plate and count how many steps were involved in getting it to your table. For example, milk's journey might be table, kitchen, fridge, shop, lorry, distribution site, milk tanker, farm, cow. If someone gets stuck, go around and see if anyone can think of more steps. How far back can you go?



Photo by Francesco Gallarotti on Unsplash

Wellbeing – being well in body and mind

- ★ At the end of the day make a list of the things you did to help others and/or how others helped you.
- ★ Be responsible to your body by making sure you exercise each day.
- ★ Take time to keep your mind fit and healthy by sitting quietly and still for a couple of minutes each day. Concentrate on your breathing. Slow down the thoughts in your mind. 'Pause'.

Responsibility is . . .

- . . . the commitment to successfully complete a task you agreed to undertake.*
- . . . Valuing our world by caring for it*
- . . . Valuing others by helping them*
- . . . Volunteering to help without expecting reward*

How are you being responsible?

“If you want children to keep their feet on the ground, put some responsibility on their shoulders.”
Abigail van Buren

“ Life is a gift, and it offers us the privilege, opportunity, and responsibility to give something back by becoming more”
Anthony Robbins

Rights are often linked to Responsibilities

Look at the chart below. Can you think of more or better examples?

Please share your ideas on [‘Family VibEs’](#)

You have the right to a home	BUT also, the responsibility to keep that home clean and pleasant.
You have the right to be fed	BUT also, the responsibility to eat foods that will keep you healthy.
You have the right to be warm	BUT also, the responsibility to not waste energy.
You have the right to fresh water	BUT also, the responsibility to not waste it
You have the right to be listened to	BUT also, the responsibility to listen to others