



# 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.



## Family VibEs

Living values in the home

# Self Care

*"Our soul is like a soft and gentle flower, it needs to be nurtured, cared for, tended to, with sufficient sunlight, fresh air and freedom to bloom into its most precious and beautiful form. This, my friend, is self-love."*

*~ Miya Yamanouchi*

## Communication – sharing ideas

- ★ What does **Self care** mean to each of us? Let's listen to each other. Self care must come first, before you can care for others.
- ★ Self care stories: *My Heart* by Corinna Luyken, *Whoever You Are* by Mem Fox, *The Visitor* by Antje Damm, *Ruby's Worry* by Tom Percival, *The Incredible Book Eating Boy* by Oliver Jeffers
- ★ YouTube video story: <https://youtu.be/yF7Ou43Vj6c>



## Behaviour & activities – doing together

- ★ **Get to know yourself**  
Watch this YouTube video together.  
<https://youtu.be/om3INBWfoxY> Use it as a starting point for a family chat about each person's identity. What makes you YOU?
- ★ **Have a good news day**  
Find three positive news stories online or follow three positive news accounts on social media like The Happy Broadcast or The Happy Newspaper, or Positive News. Share the good news!
- ★ **Focus on what makes YOU happy.** Reflect on the similarities and differences within your family. Celebrate these!

## Happiness – family fun

- ★ **Get outside together.** Spend some time outside in the fresh air. Each person should find three things you can see, two you can hear and one that you can feel.
- ★ **Silly Stories**  
Everyone sits in a circle. The youngest member of the family can begin by saying the first word. As you go round everyone adds the next word, without repeating what has already been said.
  - Good starting words are 'suddenly' or 'earlier' to help build suspense and intrigue. What different techniques will you use to make the story funny?
  - Continue going round the circle as you try to build the funniest version, the more unexpected the better!

## Wellbeing – being well in body and mind

- ★ Try to follow the 5 ways to wellbeing everyday.



- ★ Practice pausing for a **mindful** few minutes every day too.

## Self Care is . . .

- ... an important Value to celebrate
  - ... proper (as in appropriate) selfishness
  - ... giving yourself the capacity to be kind to others, by being kind to yourself.
  - ... something that gives people the emotional strength to cope
- How do you care for yourself?*

*“Self care is giving the world the best of you. Instead of what’s left of you.”*

— Katie Reed



“Talk to yourself  
like you would to  
someone you love.”

— Brené Brown



**To be a good parent,  
you need to take  
care of yourself so that  
you can have the  
physical and *emotional*  
*energy* to take  
care of your family.**

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MICHELLE OBAMA

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