



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.

Communication – sharing ideas

- ★ What does **Teamwork** mean to each of us? Let's listen to each other. It may at first, seem similar to Friendship, but is it?
- ★ When the family collaborate and work together, they are much stronger and happier than when pulling in different directions. What are your common goals?
- ★ Teamwork Stories: *Farmer Duck* by Martin Waddell, *Stone Soup* Traditional, *The Great Big Enormous Turnip* by Alexei Tolstoy, *How the Crayons Saved the Rainbow* by Monica Sweeney,
- ★ Youtube video about Teamwork <https://youtu.be/y0FtXhSu0JO>
- ★ YouTube video story: Teamwork can make the Dream Work <https://youtu.be/6fbE52YDEjU>

Behaviour & activities – doing together

- ★ Create a family jigsaw (see picture) showing how you all fit together. You can include special friends or extended family too.
- ★ Create a family web showing how you all support each other in different ways. Put everyone's name on a card and blu tak to a large piece of paper. Use wool or string to represent the different connections of support between you, e.g. Parent to child representing preparation of food.



Happiness – family fun

Play some family team games:

- ★ Jenga with a twist
<https://lifeasmama.com/6-fun-activities-for-family-game-nights/>
- ★ Play 'Night Bowling', using empty bottles as skittles, containing glow sticks to make them light up
- ★ 'Keep it Up' Balloon game. (throw up a balloon and work together to try and keep it up in the air for the longest possible time.)
- ★ Host a Zoom Quiz night for family & friends. Bond as a family by making your own Quiz team. Each participating group can set one round of questions, so everyone gets to play a full part.



Wellbeing – being well in body and mind

- ★ Try a family yoga session together as a family.
<https://youtu.be/Oi534tsWQWQ> is one example.
- ★ YogaDad has some simple yoga videos suitable for families. Also available on YouTube. He includes some themed around Values such as Courage and Kindness.
<https://www.youtube.com/channel/UCIBZYHD2e6NZWEOUsni9V6w>

Teamwork is . . .

- . . . the key to success*
- . . . valuing every member of the team*
- . . . working together towards a common goal*
- . . . respecting each other*

What does teamwork mean to you?

“Unity is strength. . . when there is teamwork and collaboration, wonderful things can be achieved.”

Mattie Stepanek

Cooperation is the thorough conviction that nobody can get there unless everybody gets there.

Virginia Burden



“Alone we can do so little, together we can do so much.”

Helen Keller

