



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 is the first of our weekly resources. It is presented as a PDF so that it is easy for everyone to access.

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 our Facebook group [‘Family VibEs’](#)

We hope that you enjoy exploring these vital ideas and that you find that you grow even closer and more understanding as a family.



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Trust



Communication – sharing ideas

- * What does trust mean to each of us? Let's listen to each other!
- * How do we show trust? Do we allow each other to make mistakes and try things out?
- * How do we keep trust or not break it?
- * Trust stories: 'Pumpkin Soup' by Helen Cooper; 'What Friends Do Best' by Jonathan Emmett; 'The Boy Who Cried Wolf'.
- * <https://youtu.be/5XDaUM6JURq> Short video exploring Trustworthiness.
- * <https://youtu.be/70allgk1-70> The Pied Piper Animation.
- * <https://youtu.be/ht9rauWCKkE> Pumpkin Soup read aloud on YouTube.



Behaviour & activities – doing together

- * How can we earn trust? Keeping our promises? Making good choices?
- * What does it feel like to be trusted?
- * **Set tasks for each other which 'stretch' your trust.**
Lend something precious to a family member. Allow them to reorganise your room. Talk about how it made you both feel.



Happiness – family fun

- * **Try a trust fall.** Talk about it first and then see if you can trust someone to catch you.
- * **Blindfold one person.** Can they trust you to guide them safely?
- * **Touchy Feely Game:** Find an empty cardboard box. Find some interesting items which will fit inside the box. Take turns to cover your eyes and by feeling the item try to guess what it is. Who can guess the most items?
- * **Food Tasting :** Organise a selection of different foods – the more different the better. Take it in turns to be blind-folded and be given an item of food to taste. Are you trusting enough to eat something you can't see?



Wellbeing – being well in body and mind

By making healthy choices we can trust our bodies not to let us down.

How can we do that?

- * Good sleep routines
- * Eating healthily
- * Exercising
- * Talking to friends and family
- * Being mindful every day



When you trust someone . . .
... *you have faith in them*
... *you believe in them*
... *they give you hope*
... *you can depend on them*
Who do you trust?

*Trust yourself.
You know more than
you think you do.*

Benjamin Spock



*To be trusted is a
greater compliment
than being loved.*

George MacDonald