



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’](#)

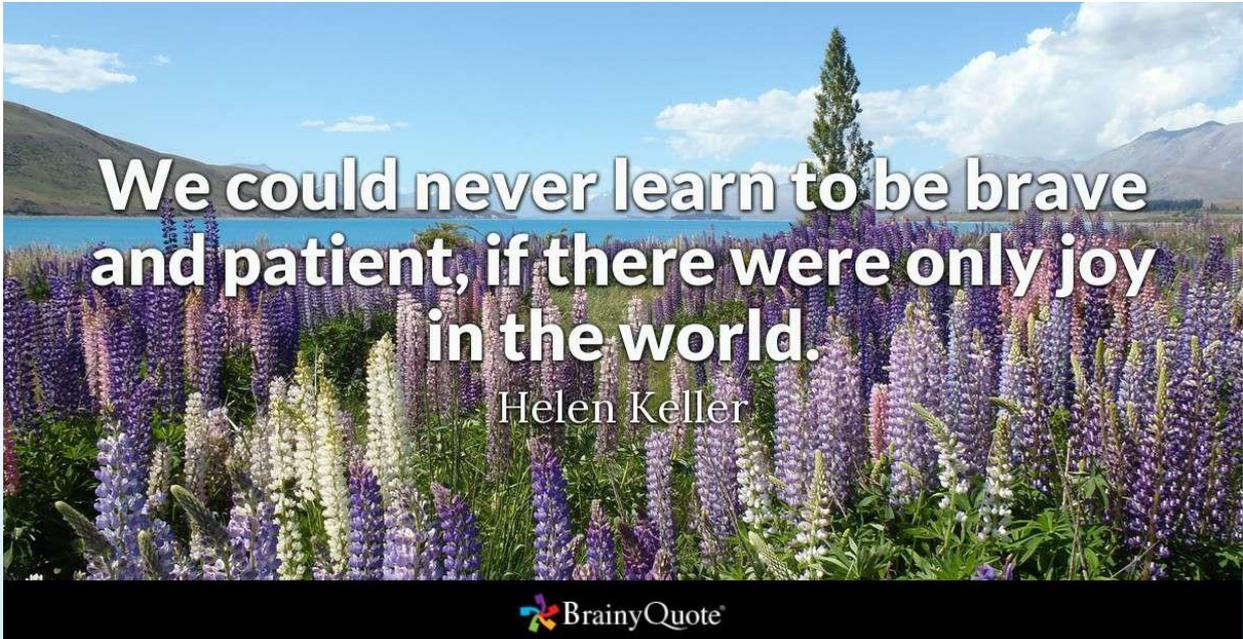
We do hope that you enjoy exploring these vital ideas and that you find they bring you even closer and more understanding as a family.



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Patience



We could never learn to be brave
and patient, if there were only joy
in the world.

Helen Keller

Communication – sharing ideas

- ★ What does **Patience** mean to each of us? Let's listen to each other.
- ★ Patience stories: *A Child's Garden* by Michael Foreman, *The Giving Tree* by Shel Silverstein, *Zog* by Julia Donaldson, *The Heart and the Bottle* by Oliver Jeffers, *Growing Good* by Bernard Ashley
- ★ Watch the story of Robert the Bruce and the Spider
<https://youtu.be/j2HMBGELeFM>

Behaviour & activities – doing together

- ★ Save the seeds from some fruit and vegetables. Try planting them and wait patiently to see them grow. Alternatively, slice the top from a carrot and stand it in a shallow dish with a little water. What happens after a day or two?
- ★ Research pictures of mosaics on the internet. Decide together on a simple image and sketch the outline on paper or card, e.g. something like a fish or a flower. Tear up small pieces of coloured paper from magazines and mix equal parts of water and glue together. Dip the paper in the glue and place onto the sketch taking care not to leave any white bits. Overlap slightly and then using the brush paste over the paper lightly with the glue paste and leave to dry.



★ Happiness – family fun

- ★ Learn to play Patience. How many different kinds can you find? Try them with cards and online?
- ★ Learn a new skill. Try ideas like knitting, calligraphy, tying knots (or shoelaces!) juggling (try scarves to start with). How much patience did you need?
- ★ Now try the ultimate challenge; teach your new skill to someone else!
- ★ Practise some magic tricks and entertain each other.
<https://magickicksforkids.org/>



Wellbeing – being well in body and mind

- ★ Identify the trigger(s) which make you lose your patience. Remind yourself that things take time. Take one day and make patience your goal for the entire day.
- ★ Try being still and concentrating on just your breath for one whole minute. Try this once a day every day for the whole week. Does it get any easier? Can you all do this together, or do you need to be alone?

“As someone who struggles a lot with patience, mindfulness really helps me to be patient with myself.” – Nick Wignall

Patience is . . .

. . . Waiting for something or someone without getting agitated or angry.

. . . Being patient with yourself when you try something new

. . . Working through challenges without giving up

. . . Allowing a child to persevere and be independent, when it would be quicker to do it for them!

How are you being patient?

"Have patience with all things, But, first of all with yourself."

Saint Francis de Sales

"Nature does not hurry, yet everything is accomplished".

Lao Tzu



"One minute of patience, ten years of peace."

~ Greek proverb