

### Thirty Pick-and-Mix Values Activities for Spring (from the comfort of your own home!)

<p><b>Responsibility:</b> learn to tie a tie, tie your own shoe laces, clean your shoes, sew on a button, set the table. These are all great life skills!</p>	<p><b>Sharing:</b> share a book together – there’s nothing like it!</p>	<p><b>Humility:</b> say sorry to someone when you need to. You always feel better when you have put things right. You could offer to do something for the other person if that feels right.</p>	<p><b>Forgiveness:</b> say, ‘It’s alright’ when someone says sorry to you. We all need to forgive each other.</p>	<p><b>Justice:</b> Find out about ways in which you can help the earth and its resources from your own home today... turning off lights, turning off electrical devices when they are not being used, reusing and recycling... there are lots more ways!</p>
<p><b>Empathy:</b> Ask other people how they are... let them know you care about them.</p>	<p><b>Unity:</b> With parental permission, telephone or skype a grandparent or relation – cheer them up with some good jokes you have prepared!</p>	<p><b>Individual Liberty:</b> Take some quiet time for yourself, away from all distractions, where you can reflect and breathe in peace.</p>	<p><b>Service:</b> Can you make someone in your family a sandwich? Don’t forget to ask them what filling they would like!</p>	<p><b>Hope:</b> Draw a picture of you in the future – what do you want to be doing? What will bring happiness to you and to others?</p>
<p><b>Respect:</b> Make a Special Person certificate for a family member or friend! List all the lovely things that make them a great person to know!</p>	<p><b>Self-Belief:</b> Start an affirmations book – make a list of all the things you like about yourself... and then make a list of all the things you aspire to be. Focus on this and write them out every day.</p>	<p><b>Love:</b> Cut out paper hearts: write down a sentence on each for each member of your family to tell them why you love them.</p>	<p><b>Kindness:</b> Award members of your family a ‘smiley face’ every time you see or hear them doing something kind. You could ask them to join in and award you too!</p>	<p><b>Thankfulness:</b> Write – or draw – a list of 5 things you would like... Beside them, write 5 things you are thankful for.</p>
<p><b>Patience:</b> Plant a seed and watch it grow over time – it’s magic!</p>	<p><b>Democracy:</b> Suggest the family take a vote on which TV programme to watch so that it’s fair!</p>	<p><b>Unity:</b> Learn to play the traditional games: dominoes, hop-scotch, tiddlywinks, Ludo, draughts and marbles. They are brilliant fun – and require patience, turn-taking and gentle co-operation.</p>	<p><b>Determination:</b> With permission, use the internet to find out about something you are interested in... make a scrap book collection of your findings. Build on this regularly.</p>	<p><b>Resilience:</b> take part in daily exercises (see our fitness cards) – add one more each day and build up your Personal Best!</p>
<p><b>Curiosity:</b> Go stargazing in your own garden or through your window...feel that awe and wonder as you look at our awesome universe!</p>	<p><b>Joy:</b> Watch a sunset in your own garden or through your window... how does it make you feel?</p>	<p><b>Curiosity:</b> Get up for the sunrise in your own garden or through your window... what noises do you notice around you?</p>	<p><b>Peace:</b> On a warm, sunny day (there will be one!) lie down outside and spend some time just cloud watching... let your imagination go free!</p>	<p><b>Co-operation:</b> Wash and dry up the dishes for your family. You will be very popular!</p>
<p><b>Gratitude:</b> Surprise someone with a thank you card for something you are grateful for that they have done!</p>	<p><b>Friendship:</b> Think of three lovely things to tell three people about themselves. Send them a letter or, with parents’ permission, an email or text message.</p>	<p><b>Appreciation:</b> What signs of spring can you see from your window?</p>	<p><b>Serenity:</b> Start bird watching through a window... how many of each kind of bird can you see each day?</p>	<p><b>Care:</b> Ask someone how you can help them today.</p>