




















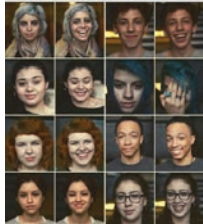


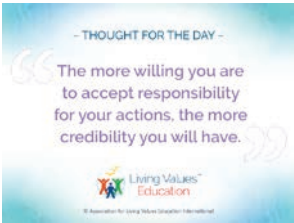

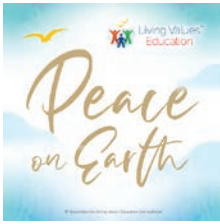

DECEMBER 2022			
Thursday 1st December	Product Website	Through our network of member organisations, supporting individuals, and our website, Living Values Education makes professional development courses, workshops, and extensive online resources and materials available to anyone around the world. #livingvalueseducation #LVE #values Visit anytime at www.livingvalues.net	
Friday 2nd December	Value #2 - Love Reminder	A beautiful heart will bring things into your life that all the money in the world couldn't get you. How much love is in your life? Visit livingvalues.net/love for more info. #love #values #LVE #livingvalueseducation	
Saturday 3rd December	Teaser <i>LVE is feeling excited</i>	Stay tuned... Self reflection - a personal development begins tomorrow! livingvalues.net/distance-self-reflection/	
Sunday 4th December	Value #3 - Respect Interactive worksheet	Your Value to Live in for this Week is RESPECT. Living Values Self Reflection – So simple, so revealing... 1. Drop into a reflective space. 2. Think about the value of RESPECT for a couple of minutes and what the world would be like if everyone was caring and there was no hate or fear. 3. Contemplate each question and how I feel about myself relative to the question. 4. Pause before action in order to feel the truth of the answer. 5. It is important not to judge, just to be aware of the truth. livingvalues.net/respect	



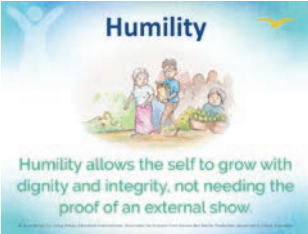

Monday 5th December	Event International Volunteer Day	Thank you to all volunteers are the globe for being there for people and planet... Today we celebrate you! Volunteering provides physical and mental rewards. It can <ol style="list-style-type: none"> 1. Reduce stress: Experts report that when you focus on someone other than yourself, it interrupts usual tension-producing patterns. 2. Make you healthier: Moods and emotions, like optimism, and joy can strengthen the immune system. 3. Promotes personal growth and self esteem. 4. Brings people together: Uniting people from diverse backgrounds to work toward a common goal. So get involved in volunteer work!	 <p>- International Volunteer Day -</p> <p>You make a difference. Every person counts!</p> <p>Living Values Education</p>
Tuesday 6th December	Value #3 - Respect Self-reflection	RESPECT. The first respect is to respect myself — to know I am naturally valuable. In this week of reflection, what do you feel about this? Explore the questions to discover the level of Repect in your life. This is part of a 12 week course with a new Living Value presented each week. You can join in at anytime or download the full 12 week self reflection booklet from livingvalues.net/distance-self-reflection/#respect #LivingValuesEducation #LVE #values	 <p>Respect</p> <p>For me to know my own worth and to honour the worth of others is the true way to earn respect.</p> <p>Living Values Education</p>
Wednesday 7th December	Did you know	Our monthly webinars will be back in 2023!! Our speakers are based in many different countries and range over a variety of topics, all underpinned by the Living Values Education core principles, and intended to inspire educators and parents. All details and enquireies are available from uk@livingvalues.net . In the meantime, all our previous webinars can be watched again by searching for LVEBI on vimeo.com.	 <p>Living Values Education</p> <p>Save the Date</p> <p>Our next webinar: Wednesday 11th January 2023</p> <p>© Association for Living Values Education. For information on LVE in the British Isles email: uk@livingvalues.net</p>
Thursday 8th December	Product Songs	A variety of songs are included in the LVE lessons for children aged 3 - 7 years. You can download the songs to hear the melody or to play them for the children. Children benefit in many ways from learning and singing the songs together – and doing so builds feelings of happiness and belonging. The song list includes: <ul style="list-style-type: none"> I Am a Peaceful Star Something Kind These Little Hands Each One of Us Is Beautiful True Blue Friend If Someone Says I Love You Happy Children Smile The Rainbow Song The Happy Stars Star Song Friends Make the World Go 'Round Let Us Clap Together Download your free mp3 song files at livingvalues.net/download	 <p>Music is the great uniter. It is something that people who differ on everything, can have in common.</p> <p>Living Values Education</p>

Friday 9th December	Value #3 - Respect Reminder	RESPECT. The first respect is to respect myself — to know I am naturally valuable. When we have respect for the self, it is easy to have respect for others. Those who give respect will receive respect. #respect #LivingValuesEducation #LVE #values	 <p>To know one's natural worth and to honour the worth of others is the true way to earn respect.</p>
Saturday 10th December	Event Human Rights Day	10th December is Human Rights Day. Have you read the amazing United Nations Declaration of Human Rights? It belongs to you. All 193 member states of the United Nations have ratified at least one of the nine binding treaties influenced by the Declaration. A must read... https://www.un.org/en/about-us/universal-declaration-of-human-rights Regardless of race, colour, religion, sex, language, political or other opinion, national or social origin, property, birth or other status, everyone is entitled to their rights as a human being.	 <p>- Human Rights Day -</p> <p>Some values must be universal, like human rights, and the equal worth of every human being.</p>
Sunday 11th December	Value #4 - Tolerance Interactive Workheet	Your Value to Live in for this Week is TOLERANCE. Living Values Self Reflection – So simple, so revealing... 1. Drop into a reflective space. 2. Think about the value of TOLERANCE for a couple of minutes and what the world would be like if everyone was caring and there was no hate or fear. 3. Contemplate each question and how I feel about myself relative to the question. 4. Pause before action in order to feel the truth of the answer. 5. It is important not to judge, just to be aware of the truth. livingvalues.net/tolerance	
Monday 12th December	Value #4 - Tolerance Self-reflection	TOLERANCE. Tolerance recognizes individuality and diversity while removing divisive masks and defusing tension created by ignorance. It provides the opportunity to discover and remove stereotypes and stigmas associated with people perceived to be different because of nationality, religion or heritage. Visit the website for yourself at livingvalues.net/distance-self-reflection/ for more information on this 12 week personal introspection of your life. #tolerance #LivingValuesEducation #LVE #values	 <p>Tolerance is being open and receptive to the beauty of differences.</p>
Tuesday 13th December	Product LVE You Tube channel	If you want to find ideas for quiet reflection and contemplation, inspiration for ways of thinking, and practical resources that you can use for teaching, simply visit our You Tube channel at www.youtube.com/c/LivingValuesEducation and click the 'Subscribe' button	 <p>Subscribe to the Living Values Education YouTube Channel</p>

Wednesday 14th December	Quote	<p>Ask yourself, “What do I value?” and “What are my values?”</p> <p>Values lie deep in our psyche, they reflect our past experiences and as such create the foundation for our lifetime of behaviour and our response to the world and people around us.</p> <p>The only way to engage and enhance our values is introspection and reflection. We cannot be taught values, yet they can be introduced, brought to our greater consciousness through activities encouraging self realisation which is why Living Values unique methodology of activities structured to meet different age groups and circumstances works so well.</p> <p>Visit livingvalues.net/why-develop-values to learn more.</p>	
Thursday 15th December	Quote		
Friday 16th December	Value #4 - Tolerance Reminder	<p>Through understanding and open mindedness, a tolerant person attracts someone different, and by genuinely accepting and accommodating that person, demonstrates tolerance in a practical way... As a result, relationships bloom.</p>	
Saturday 17th December	Teaser <i>LVE is feeling excited</i>	<p>Stay tuned... Self reflection - a personal development begins tomorrow! livingvalues.net/distance-self-reflection/</p>	
Sunday 18th December	Value #5 - Responsibility Interactive worksheet <i>LVE is feeling curious</i>	<p>RESPONSIBILITY is accepting what is required and carrying out the task to the best of your ability. A responsible person fulfills the assigned duty by staying true to the aim. Duties are carried out with integrity and a sense of purpose.</p> <p>If you are already engaged in this 12 week personal introspection of your life did the questions bring up issues to look at? Notice any difference? If you have yet to participate, jump in and join us with Living Values Self Reflection, discovering the truth of ‘Who You Are’. Please visit livingvalues.net/distance-self-reflection/ for more info.</p>	

<p>Monday 19th December</p>	<p>Value #5 - Responsibility Self-reflection</p>	<p>Your Value to Live in for this Week is RESPONSIBILITY. When I accept ownership for my words thoughts and actions, I become a role model and positive influence on the world. #responsibility #love #values Please visit livingvalues.net/responsibility for more info.</p>	
<p>Tuesday 20th December</p>	<p>Product LVE Teachings</p>	<p>LVE educates hearts and minds. Living Values Education is a way of conceptualizing education that promotes the development of values-based learning communities and places the search for meaning and purpose at the heart of education. The primary purpose of our online familiarisation is to acquaint new country representatives, and to encourage them to demonstrate a full understanding of ALIVE and LVE with confidence, and in the best way possible. Interested in joining us? Contact distance@livingvalues.net</p>	
<p>Wednesday 21st December</p>	<p>Product LVE Audio-Guided Meditations <i>LVE is feeling calm</i></p>	<p>The Christmas rush is on.... When our lives are busy, we seek quiet as a way to breathe and refresh ourselves from the noise of the world. The best way to do this is through meditation. Simply visit livingvalues.net/download#distance to get your FREE “Living Values Education Audio-Guided Meditations” (just scroll to the bottom of the page). This audio set includes: 1. Introduction - Are We Living Our Values 2. Peace Relaxation Exercise 3. Love Imagining Exercise 4. Humility Exercise 5. Happiness - Talking to Myself 6. Simplicity - Messages From the Media</p>	
<p>Thursday 22nd December</p>	<p>Quote</p>	<p>WORDS ARE POWERFUL! They can create reactions – good and bad. So use them for kindness. You never know who may need it (<i>insert love heart emojis</i>)</p>	<p>A photographer took pictures of people before and after she called them beautiful..</p> 

<p>Friday 23rd December</p>	<p>Value #5 - Responsibility Reminder</p>	<p>How has your week been? Did you consider the level of living with RESPONSIBILITY you have in your life? Does it need to change? To find out more, visit livingvalues.net/responsibility.</p> <p>#responsibility #values #LVE #LivingValuesEducation</p>	
<p>Saturday 24th December</p>	<p>Quote</p>	<p>A simple thought to contemplate this Christmas.... You may not always see the results of your kindness, but every bit of positive energy you contribute to the world makes it a better place for all of us.</p> <p>#kindness #giving #values #LivingValuesEducation #LVE</p>	
<p>Sunday 25th December</p>	<p>Event Christmas Day <i>LVE is feeling grateful</i></p>	<p>Can we take this day which we deem special in some way, to find time to contemplate why this day asks more from us than every other day? Should not each day be one of Love and Peace?</p> <p>We have been given the gift of choosing what is most important to us. If everyone were to choose to live from their values in all the little and big things we do, or people with whom we engage, whether family or friends, or complete strangers, imagine how wonderful the world could be.</p> <p>Let's make a pledge to be more loving in the New Year ahead.</p> <p>Peace on Earth and Goodwill to all (<i>insert blow kiss & shining star emojis</i>)</p>	
<p>Monday 26th December</p>	<p>NEW Value #6 - Humility Interactive worksheet <i>LVE is feeling thoughtful</i></p>	<p>Your Value to Live in for this Week is HUMILITY.</p> <p>Living Values Self Reflection – So simple, so revealing...</p> <ol style="list-style-type: none"> Drop into a reflective space. Think about the value of HUMILITY for a couple of minutes and what the world would be like if everyone was caring and there was no hate or fear. Contemplate each question and how I feel about myself relative to the question. Pause before action in order to feel the truth of the answer. It is important not to judge, just to be aware of the truth. <p>livingvalues.net/humility</p>	

<p>Tuesday 27th December</p>	<p>Value #6 - Humility Self-reflection worksheet</p>	<p>HUMILITY - A healthy relationship comes with a healthy balance of honesty & humility.</p> <ol style="list-style-type: none"> 1) Accept and respect is the foundation. 2) Seek to understand first rather than expecting to be understood. 3) Take responsibility of your own happiness. 4) Focus on the best in others. 5) See the person not their position. <p>Want to know more? Join our 12 week Living Values Self Reflection, and discover the truth of 'Who You Are'. Visit livingvalues.net/distance-self-reflection/ for more info.</p> <p>#humility #acceptance #values #LivingValuesEducation #LVE</p>	
<p>Wednesday 28th December</p>	<p>Product Bookmarks</p>	<p>Living Values Education Values Bookmarks are now available for FREE download.</p> <p>This 24 set card series can be used in a multitude of ways; Focus points in workshops, display for reflection, daily questions to ask ourselves, gift set for practical use, use as is or blow up for posters for home or, classroom display.</p> <p>Download at livingvalues.net/resources-bookmarks/</p>	
<p>Thursday 29th December</p>	<p>Quote</p>	<p>It takes such little effort to uplift someone's heart. Just one kind word can turn someone's entire day around. Just one compliment can change how someone feels about themselves. Noticing even one special thing about someone can make them feel seen in a world where many feel unseen and unappreciated. When you see the good, the good will grow.</p>	
<p>Friday 30th December</p>	<p>Value #6 - Humility Reminder</p>	<p>Consider this: The tendency to impress, dominate or limit the freedom of others in order to prove yourself diminishes the inner experience of worth, dignity and peace of mind.</p> <p>How much HUMILITY do you have in your life?</p> <p>livingvalues.net/humility</p>	
<p>Saturday 31st December</p>	<p>Event New Years Eve <i>LVE is feeling festive</i></p>	<p>Today is the day to spend a few moments contemplating 2022 and what it meant to us, the ups as well as the downs, the pain and the joy. Let's clear the air for the New Year ahead, take a look at our Values – the Law of Cause and Effect. It is through our resolution on New Year' Day we empower which qualities we will embrace and embody to live from in 2023.</p> <p>When we truly believe we have the ability to change our circumstances, the Law of Cause and Effect which is present with us always, will balance our world and those around us.</p>	
<p>END</p>			