



Living Values™
Education



Association for Living Values Education International: EVENTS & ACTIVITIES

January to December 2025

ALIVE would like to thank all of the ALIVE Associates and the Focal Points for LVE who have contributed news of their recent activities for this report. These reports are a wonderful source of inspiration and upliftment and it is both refreshing and humbling to read of the efforts made, often in very challenging circumstances.

For further information about LVE professional development workshops, our online programmes, extensive range of resource materials and LVE generally, please visit ALIVE's website at **www.livingvalues.net**

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Education

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Association for Living Values Education International 2025 Country Reports

This book is dedicated to the world-wide teams of ALIVE. Associates and Focal Points for LVE who form the Association for Living Values Education International. Dedication would not begin to explain the degree of love and selfless commitment to bringing Living Values Education into the countries where they work.

Many have been with ALIVE since its inception in 2004 and are still very involved at all levels of their community over twenty years later. While we are aware of LVE being used in other countries as well as those covered in this report, there are currently ALIVE Associates or Focal Points for LVE in over twenty countries. This outreach is amplified by a dedicated team of Distance Online Facilitators who support the use of LVE and LVE courses around the world.

The reports in this LIVING VALUES EDUCATION 2025 EVENTS AND ACTIVITY BOOK are taken from the LVE website on activities carried out between January and December 2025.

www.livingvalues.net/country-reports



EGYPT COUNTRY REPORT

ALIVE Associate: Jesuits' and Brothers' Association For Development

Representative to ALIVE: Magdi Asham Henein

livingvalues.net/egypt

LIVING VALUES EDUCATION 'TRAIN THE EDUCATOR' COURSE IN MINYA

A Train-the-Educators professional development workshop was held in Minya, in Upper Egypt, on 19-21 December 2024 for a committed group of leaders from the Ministry of Education in Minya. The event was organised and supported by the ALIVE Associate in Egypt, the Jesuits' and Brothers' Association for Development (JBA) and yielded a wonderful response from participants who are interested in integrating LVE within government schools. The head of Strategic Planning at the Education Department in EIMinya sent this video as a report on the workshop.

You can watch the video on our YouTube Channel at: <https://youtube.com/shorts/ucBIS-BFRJg?feature=share>









KUWAIT COUNTRY REPORT

Focal Point for Living Values Education: Ghaida Al-Habib
livingvalues.net/kuwait

MESSENGERS OF PEACE

The 500 students at the K-12 Living Values-based Kuwait American offered their pledges to become Messengers of Peace during a very touching event that was the culmination of a celebratory process involving the whole school community.

How was this achieved?

Creating Umbrellas for Peace

Students, parents and extended families were invited to design their own 'Umbrellas for Peace' at home by purchasing a colored umbrella of their choice and adding, in any artistic medium, written values and statements of their own choosing.

A kaleidoscope of over 180 umbrellas were brought to school and hung from the handle with the open end facing downwards around the school reflecting over 100+ values and 100+ statements of how to create and maintain Peace.

859 values responses were received with Peace, Love and Happiness/Joy being the most popular with – compared to previous whole school community events – an increased emphasis on Gratitude with a significant increase in the 'silent' values of solace, serenity, safety, sincerity and hope.



THE COURTYARD CELEBRATION: THE SPEECHES

Opening Speeches

The whole school gathered for a Courtyard celebration to honor and share their values. After an opening address from the Founding Principal on Values and the choices we make to bring them alive in a practical way, one student from each KG, Elementary, Middle and High school – together with a keynote address from the President of the Student Council, Ali Baqshi, from Grade 12 – addressed everyone with heart-felt speeches. Two examples of speeches are as follows:

Aser Meneisy - Grade 5

Aged 10 years - Elementary speech:

Good morning, Students and Teachers. My name is Aser from Grade 5B, and today I will be talking about Living Values and what they mean to me.

Living Values are the values of the Earth. They are known to be the most authentic versions of yourself, not just at work, school or your family, but in all areas. If you have put in the time to discover your core values, you might wonder how to bring your values to life or bring more of them into your life. With Living Values, we can build resilience, enhance psychological flexibility and find greater meaning at work and in life. Living Values has its ability to allow experiences. Values guide you back to who you truly are. From this speech, I hope you learned about Living Values and use them to teach others. Thank you.



Ali Baqshi - Grade 12

Aged 17 years - President speech:

To me, Living Values is something I grew up with. It was something that was always there and was a way to help guide me on the right path. You know, I've been in school my entire life and as I grow older and I go off to college soon, it made me realize how important these values are.

Just on a day-to-day basis, just follow the living values like hope and respect takes you so far in this life; and there's a saying that what goes around comes around and it's never been more true than with living values.

Living values to me is more than a bunch of words that they tell you - it's a way to live, a way to understand others and understand yourself. If I didn't know about Living Values and I had never practiced them when I was younger, I don't know where I'd be right now. It really helped me so much to pick myself up when things were down.

If you're nice to this world, it will come right back to you even when it feels it won't because there are times that maybe things aren't too good but that OK cause things will always get better when you hold your living values close to your heart. Your values are umbrellas protecting you keeping safe.

The sun always comes up in the morning and it's a ray of hope for everyone. That's what our Values are, something to hold on to.





THE COURTYARD CELEBRATION: THE PLEDGES

Offering Pledges

A tangible and solemn silence then embraced the togetherness of the gathering in the courtyard as one student per 26 classes was invited to present their pledge.

Against the backdrop of the colorful umbrellas, a large 'Peace Torch' of Hope was given by the School Council President to one of the youngest students, Zahraa Mohammed Ali, to read their Messenger of Peace Pledge.

After reading her Messenger of Peace words, she then carried and passed on the torch to another student to share their pledge... who, in turn passed the torch to another student... then onwards by the same process to the eldest student representative.

Their choices represented a richness of depth and read as follows:

KG

I am a messenger of Peace
I am a messenger of Hope
I am a messenger of Joy

Elementary

I am a messenger of Love
I am a messenger of Being Humble
I am a messenger of Peace
I am a messenger of Joy
I am a messenger of Unity
I am a messenger of Happiness
I am a messenger of Freedom
I am a messenger of Love
I am a messenger of Responsibility
I am a messenger of Faith

Middle School

I am a messenger of Equality
I am a messenger of Respect
I am a messenger of Happiness
I am a messenger of Freedom
I am a messenger of Unity
I am a messenger of Equity

High School

I am a messenger of Optimism
I am a messenger of Honesty
I am a messenger of Sovereignty*
I am a messenger of Freedom
I am a messenger of Respect
I am a messenger of Honesty
I am a messenger of Integrity





What is trending and what happened next?

Readers of the Kuwait Living Values page will have noted the 2023 'Shoe Box', the 2023 'What the World Needs Now' Tree and the 2024 'Gratitude' events. Over time, a shift in the depth of the Living Values Education approach and understanding, through the gathered data, has manifested in 4 ways:

1. The truth in the happy hearts of children and the wisdom of parents and extended families continue to welcome being given a voice to explore, experience and express their values, hopes and wishes.
2. The responses of values and deeply felt statements significantly climbed to over 100 calling for peace in all its forms, love, respect and dignity without wars for all.
3. The call to value and love yourself is now even more openly expressed with an invisible thread that captures the LVRUS philosophy with a quest to live our lives with peace in ourselves without hurt or harm to others.
4. The felt LVRUS atmosphere enables many to freely express their feelings and emotions and, through expression, embrace and heal their inner world and help to heal the inner world of others.

Overall, as witnessed by the plethora of expression, the event was a resounding success and one that can be adopted and/or adapted to any culture or context with values in the heart.



To re: quote one line from Aser Meneisy's speech:

'Values guide you back to who you truly are!'

And the vision:

'We are all Messengers of Peace by our example!'

All we have to do is: 'Make it Happen!' ✧





VIETNAM COUNTRY REPORT

ALIVE Associate: Living Values Education Centre
(Chi Hoi Khoa Hoc Tam Ly - Giao Duc Gia Tri Song)

Representative to ALIVE: Nguyen Thi Bich HA
livingvalues.net/vietnam

SNAPSHOT OF LVE VIETNAM: JANUARY - JUNE 2025

The first 6 months of 2025 witnessed the outstanding efforts of Living Values Education Vietnam with a variety of activities from organizing direct training to weekly online courses, to directly participating in major events to have the opportunity to introduce and convey messages about values. Main activities include:

- 1. Values Education Training at Kids Smile Cua Tien Kindergarten for Teachers and Board of Directors**
Time: March 1-2, 2025, Attendees: Over 40 participants
- 2. Values Education Sharing Session with Kids Smile Parents**
Time: February 28, 2025, Attendees: Over 60 parents
- 3. Values Education Sharing Session with Female Entrepreneurs from 11 Provinces/Cities in Rach Gia**
Time: May 23, 2025, Attendees: Over 50 participants
- 4. Donation of 400 HAWEE Member Values Education Card Boxes**
Time: March 6, 2025, Attendees: Over 500 participants
- 5. Ongoing Online Class: "Mastering Your Life"**
Time: Every Tuesday evening, 7:30pm - 9:00pm, Attendees: Over 70 participants
- 6. Organized six "28-Day Gratitude Notebook Journeys" from January - June 2025**
Attendees: 275 participants

Workshop for Kids Smile Teachers

A meaningful training program took place on March 1-2, 2025 for over 40 teachers and members of the Cửa Tiền Kindergarten's Board Management. The training session brought a lot of updated knowledge and valuable skills to help teachers to strengthen the values, and how to apply in teaching children, how to help them to understand and how to live with it.



Together with the workshop for Teachers, a warm and open talk with over 60 parents from Kids Smile School has been conducted on February 28, 2025.

This was a wonderful opportunity for parents to explore and spread positive living values, accompanying their children on their journey of growth.



Sharing values with Female Entrepreneurs in Rach Gia

An inspiring event took place on May 23, 2025 in Rach Gia, bringing together more than 50 talented female entrepreneurs from 11 provinces in Mekong Delta. The sharing session with the theme "Basic awareness of comprehensively rich living" is a space or women to connect, learn and spread meaningful life values in the business community.



Sharing values with Female Entrepreneurs in Rach Gia

Living Values Vietnam participated HAWEE 10th Anniversary

On March 6, 2025, over 500 members of The Ho Chi Minh City Association for Women Executives and Entrepreneurs (HAWEE) joyfully received a meaningful gift of 400 Living Values card boxes. This activity aims to spread positive messages and is an invitation to HAWEE members to practice and spread good living values to company members, making living values a part of corporate culture.



LVE's volunteers attended HAWEE's 10th Anniversary

SNAPSHOT OF LVE VIETNAM: JULY - DECEMBER 2025

The last 6 months of 2025 of Living Values Vietnam are especially lively with a series of training programs for organizations. The training sessions for staff and staff of Nguyen Tri Phuong and An Sinh hospitals are of great significance in the context of Vietnam's medical industry having many inadequacies. Doctors and hospital staff always have to work at high intensity, with no time to regenerate energy, leading to tension and stress. The training programs are highly appreciated and always inspirational, not only helping students change their perception of values but also arousing the desire to be an extended arm and strongly spread values to the community. Main activities include:

1. 4-day training for Media Design department, University of Economics, City. HCM

Time: August 3-4 and 10-11, 2025

2. 3-day training for the leadership team of Nguyen Tri Phuong hospital

Time: August 29-31, 2025

3. Sharing Life Values for the IT, accounting and customer care team of An Sinh hospital

Time: September 23-25, 2025

4. 3-day training for WATF team

Time: October 18-20, 2025

4. Sharing the value of gratitude to TTCL Group

Time: November 20, 2025, Attendees: Over 500 participants

5. Ongoing Online Class: "Mastering Your Life"

Time: Every Tuesday evening, 7:30pm - 9:00pm, Attendees: Over 70 participants

6. Organized six "28-Day Gratitude Notebook Journeys" from July - December 2025

Attendees: 150 participants

4-day training for Media Design Department, University of Economics, City. HCM

In August, two training programs for lecturers from the Media Design Department in University of Economics Ho Chi Minh City took place. HCMC and Faculty of Business Administration, Ho Chi Minh City Open University. The program is designed to stimulate and reinforce valuable experiences and activities for lecturers, helping them to be steadfast while promoting creativity in teaching.



The students are lecturers in the Media Design Department, University of Economics, City. HCM participated in the training course

Training in Nguyễn Tri Phương Hospital

From August 29-31, 2025 Living Values Vietnam had a special training program lasting 3 consecutive days for students who are leaders of Nguyen Tri Phuong hospital. Recognizing that the mental health of medical staff will have a huge impact on the medical examination and treatment of patients, especially in a context where Vietnamese hospitals are always overloaded, Living Values Vietnam has long proactively approached hospitals, offering appropriate training programs to help medical staff understand and apply living values to most effectively face the challenges, sometimes it's about saving lives.

Even though they are very busy, the doctors and chief nurses participating in the training course are all dedicated and excited to be guided on how to approach and apply Living Values in work, internal communication and with patients.

Living Values Vietnam believes that training programs will continue to expand to hospital officials, employees, and doctors in the near future.

On September 23-25, 2025, a similar training program was also conducted at An Sinh hospital for the IT, accounting and customer service staff of An Sinh hospital.



Leaders of Nguyen Tri Phuong hospital participated in the training

3-day training at WATF – a Human Resources Training Company

During 3 days from October 18-20, 2025 Living Values Vietnam conducted training for the staff of WATF – a company specializing in human resource training for foreign invested companies. The 39 members were very excited to learn and ready to spread LVE's Values, activities and approaches to the community.



Share the value of gratitude at TTCL Group on the occasion of Vietnamese Teachers' Day

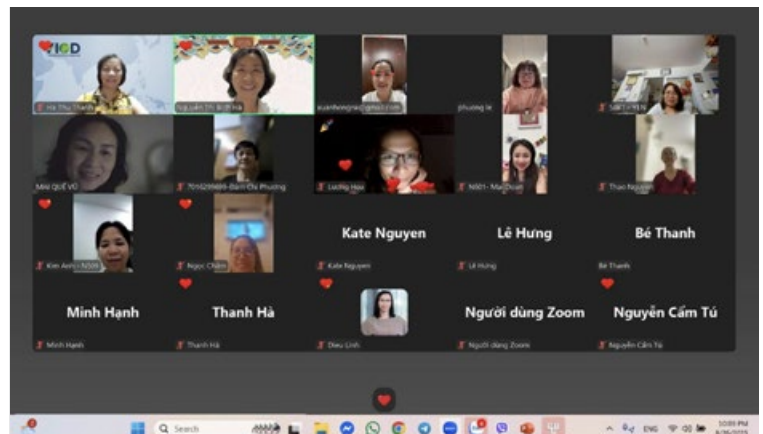


Share the value of gratitude at TTCL Group

Online "Master Your Life" Class – The last session: August 26, 2025

Conducted by Living Values Vietnam these life mastery classes started in November 2024 and ended on August 26, 2025. They were held every Tuesday evening, from 7:30 pm to 9:00pm, with more than 70 students participating. This is a passionate idea initiated by Ms. Bich Ha, Head of Vietnam Living Values Association, to create a space for learning and self-development, full of energy, helping members of Vietnam Living Values have the opportunity to fully explore their potential and confidently take control of their own lives.

The students not only appreciated the efforts in organizing the class but especially appreciated the highly applicable content transmitted, which as the name suggests, helps students master their inner self, leading a life full of joy and happiness with gratitude and a willingness to give back to the society.



ĐỒNG HÀNH CÙNG EM

Program ĐỒNG HÀNH CÙNG EM was initiated by Thao Dan Social Service Center to improve comprehensive and sustainable learning capacity for students with special circumstances. Ms. Bich Ha contributed opinions and expressed her willingness to conduct training programs on values as well as transfer documents so that the center's staff can continue to incorporate values into the organization's activities, supporting children with special circumstances to rise and become steadfast in life.



28-Day Gratitude Journaling

Six 28-Day Gratitude notebook journeys were successfully organized for 2025, attracting a total of 275 participants. Each journey was an opportunity for everyone to practice gratitude, nurture their souls, and connect more deeply with life.



Participants at online briefing on 28-Day Gratitude Journaling

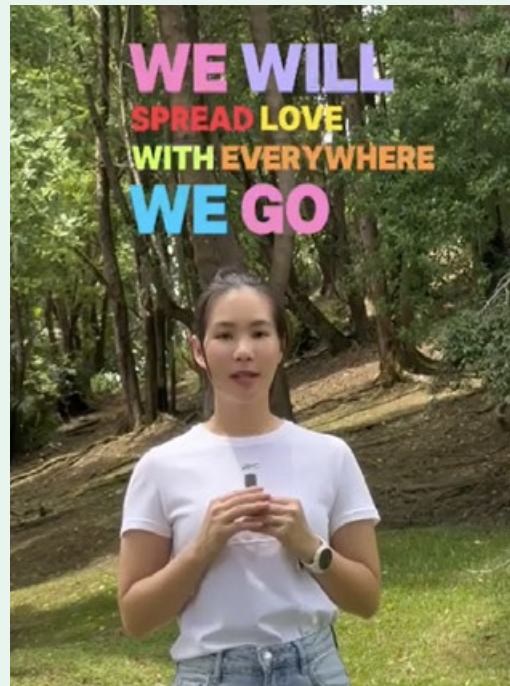
Sharing about the program from Ms. Lê Diệu:

"Sincerely grateful to you and the LVE community. The journey of writing a gratitude book has gradually helped me rearrange my life, find the values that I want to live with and spread. I am very grateful for your dedication, the roadmap to writing a gratitude book is specially designed, participants can touch the miracle and gradually regain control in life. The meaning cannot be overstated. Each journey has its own special features, I have the opportunity to grow through each practice.

From the bottom of my heart, I am grateful to you, to the author and the book The Magic, to Ms. Yen Trinh and Ms. Dieu Hong and to the knowledge base. The route is beautiful and needs to be spread." ✧



Sharing from participant Hoai My



Sharing from participant Ms. Kha Van



INDIA COUNTRY REPORT

Focal Point for Living Values Education: Indu Gupta
livingvalues.net/india

*Living Values Education is gradually expanding in India.
We now have five cities operational offering individual reports:
Mumbai, Goa, Ayodhya, Belgaluru and Erode.*

Background

In 2025, Living Values Education (LVE) gained momentum in India. Our team of volunteers from various states conducted numerous LVE workshops targeting diverse groups, including **parents, senior citizens, adolescents, young adults and school teachers**. This year marked significant growth in confidence, dedication, commitment, and diligence among our volunteers. Furthermore, we strengthened our relationship with the management of large private schools, enabling us to promote values-based atmospheres in classrooms and families.

The experience also presented us with some challenges that prompted us to reflect deeply and develop practical solutions, including a thorough review of classroom challenges, alternative values-based methodologies, and the provision of suitable tools, strategies, or expert guidance as needed.

TAMIL NADU

LVE Facilitator: Ambika Praveen

INDIAN PUBLIC SCHOOL, ERODE

Introduction

The Indian Public School is an eminent and well-reputed educational institution situated in Erode, (the turmeric city), with branches in major metropolitan cities like Trichy and Salem. The vision of the school is to offer extraordinary “EDUCATION, EXPOSURE & EXPERIENCE” to the learners. The culture of the school revolves around “Kindness, love & care”. This culture helps in fostering the self-confidence and positivity among the students making them vibrant and creative life-long learners. Here learning is knowledge and skills based and happens in an open, happy and secured environment.

On May 28th and on September 27th & 28th, the teachers of “THE INDIAN PUBLIC SCHOOL, ERODE” were exposed to a creative workshop, under the theme “VALUES FOR WELL BEING” which enabled them to connect to their core personal values.

The teachers were made to understand that a value-based environment in schools is the need of the hour. They reflected on how they play a crucial role in creating such an environment, which in turn will help to create a value-based society. Teachers realised the need to emerge and embody these values to cultivate a nurturing atmosphere in the school.

The engaging activities and active participation of the teachers helped them to explore and experience their own personal and social values.

The components of LVE workshops included:

1) Values awareness sessions

- a) Exploring our personal & social values; values of our country, our culture
- b) What are values?

2) Overview of LVE in the world

3) Creating a values-based learning environment

- a) The needs of a child
- b) The qualities of an educator

Key Insights / Activities & Outcomes

1. Mindfulness

The session started with a silent meditation combined with “GRATITUDE CIRCLE & POSITIVE AFFIRMATIONS”, where the teachers after reflecting in silence, had to speak out 1 positive affirmation about themselves and mention 1 person or situation they are grateful for.

2. Value-based ice-breaker (Activity 1)

The teachers thoroughly enjoyed this “VALUE BASED ICE-BREAKER”, where they had to stand opposite to their selected partner, with an expensive object in between them, when the facilitator calls out some affirmations loudly, the teachers had to perform the relevant gesture for the affirmation and when the word object was said, they had to compete with their partner & pick the object.

This ice-breaker helped them reflect how positive affirmations when heard or uttered makes us feel relaxed and at ease, but on the contrary when we compete in the materialistic world, we become restless and peaceless.

3. Fun with 'Hello', Greet & Meet Icebreaker (Activity 2)

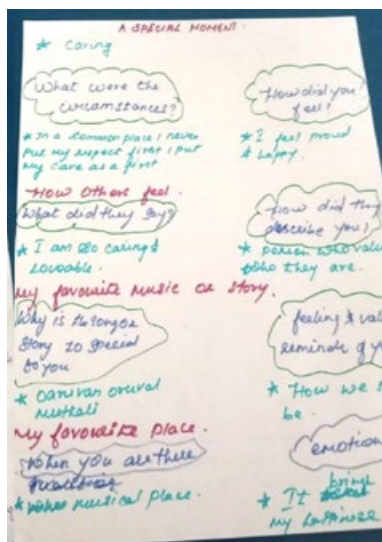
The teachers were made to feel at ease, when “HELLO” was expressed in different languages in a song form. This activity emphasised the importance of meeting and greeting each other to sustain good relationships. It gave a clear understanding on how greeting each other with gestures helps in generating an atmosphere of warmth, friendship and belonging.



Ice-breaker Activity



Ice-breaker Activity



Personal Reflection Activity

4. Visiting Card Activity

This silent moving activity enabled the teachers to know each other in an informal way. It helped them recognise their own qualities and to observe and appreciate the qualities of the other person. This peaceful way of acknowledging each other’s qualities through their eyes and smile gave a new perspective to analysing others attitude.



Visiting Card Activity

5. Personal Reflection Activity

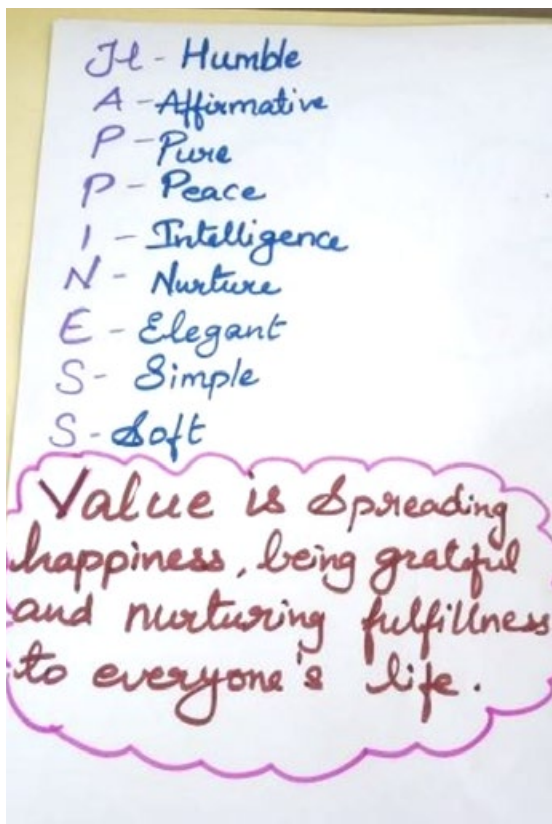
In a quite reflective atmosphere, the teachers explored their innate personal values and discovered how their values help build harmonious relationship with others, through this personal reflective activity.

Here they calmly reflected on personal questions like:

- A Special moment in your life
- How others see me (Strength & Values)
- Favourite music or story that has touched you
- A favourite place in nature close to their heart
- People who inspire and influence me with their qualities.

6. Pretend as Brand Ambassador of India to the country of your choice

With “VANDE MATARAM” song playing at the background, the teachers walked around with dignity and pride, filled with a feeling of patriotism. This activity induced them to reflect on India’s rich cultural values. The teachers expressed what cultural values of India they would display through their actions and behaviour if they were chosen as “INDIA’S AMBASSADOR”.



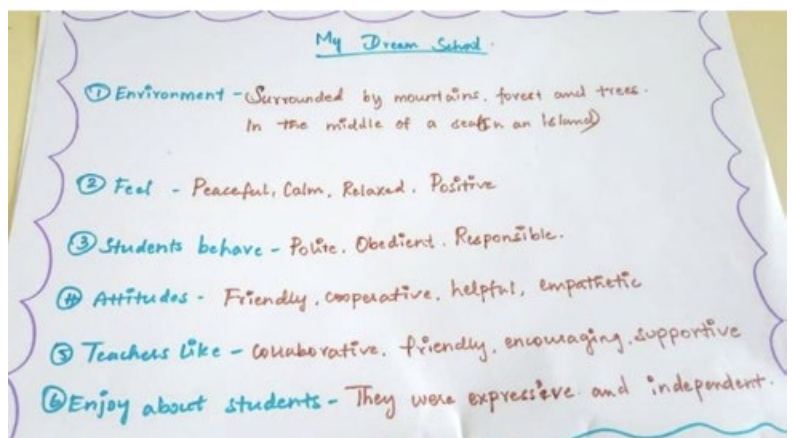
Personal definition of Values

7. Personal definition of values

Teachers gave their personal definition of “WHAT IS A VALUE” – after a small brainstorming session on the different values they “EXPLORED, EXPERIENCED AND EXPRESSED” through the previous activities. They were asked to choose a value which defines them and write an acrostic poem for it.

8. “Imagine the school of your dreams”

This visualisation activity enabled the teachers to go on a pleasant journey and experience a “SCHOOL OF THEIR DREAMS”. They explicitly expressed and depicted their expectations about the kind of environment, teachers and students they wished for. They discussed enthusiastically about the right attitude, positive actions & behaviour that is essential to create “A VALUED BASED LEARNING ENVIRONMENT”.



9. Energizer – Values balloon activity

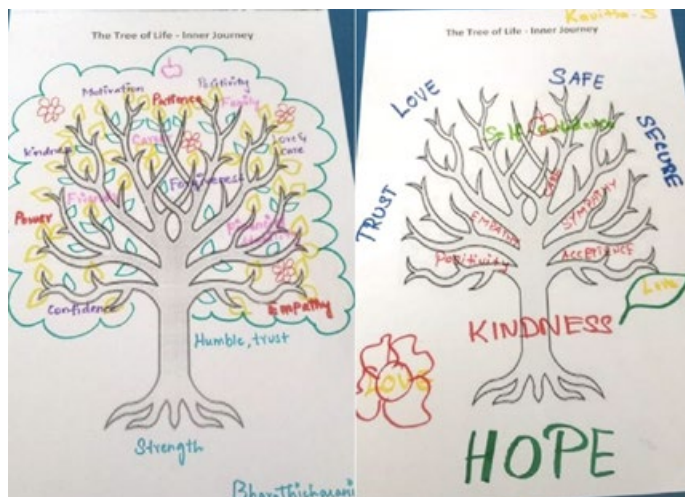
"Participants breathe into the balloon a value they would like to give the world and toss the balloon into the air and everyone tries to keep all the balloons moving, without letting them onto the floor ("we should never drop our values"). After two or three minutes, each one catches or picks up the balloon nearest to them." Participants reflect on the value they have received and the value they gave.

THE LAW OF "WHAT YOU GIVE YOU GET BACK", "GIVE WHAT YOU WANT TO RECEIVE" WERE EMPHASISED DEEPLY with the "VALUES BALLOON ACTIVITY".

10. The tree of my life- Inner journey of self-discovery

The teachers were guided through an "INWARD JOURNEY" to imagine how a tree and parts of the tree might represent their life and the values they use in their life, to introspect and reflect deeply on each value and qualities which define their personality. This activity encouraged teachers to think creatively and positively, it also greatly empowered them and instilled self-confidence.

It gave them an opportunity to appreciate their own personal values and to see the interconnectedness of the various aspects of our personal life. It helped them recognise the crucial role that values play in determining the quality of our relationships and life's achievements.



11. The forgiveness activity

The significance of facilitators having a forgiving and accepting nature was emphasised. Emotional healing, emotional stability and emotional well – being were discussed as the key factors that mould an emotionally & spiritually intelligent educator, who can radiate empathy, compassion, tolerance and understanding towards learners. A magic affirmation was shared to help eliminate feelings of resentment and bitterness. The interconnectedness of "POSITIVE EMOTIONS CREATING A POSITIVE MINDSET" AND "NEGATIVE EMOTIONS CREATING A NEGATIVE MINDSET", was explained.

12. Teachers' toolkit

The educators were provided with the life skills that help us to live our values as a toolkit, to deal with challenges inside and outside the classroom. They were given a clear and valuable perspective on how the toolkit can enhance their professional competence and capabilities, to make them excellent educators. They were introduced and familiarised that these toolkits are the inherent strength within each individual, that can be developed and used to create a positive impact among the learners.

Life skills as a toolkit

- 1) Stand back/ go within
- 2) Let go of negative/ useless thoughts
- 3) Discern between good & bad / true & false
- 4) Make good decisions based on values
- 5) Adapt/be flexible
- 6) Work together/cooperate
- 7) Accept/tolerate
- 8) Face situations with courage

Feedback/Evaluation

• "I attended today's session on wellness and values, and it was truly enriching. The activities highlighted the importance of balancing mind and body. I appreciated how simple practices can bring positivity into daily life. The emphasis on values was meaningful. Overall, it was a refreshing experience." ~ Vidya

• "The wellness session was very refreshing and insightful. It helped me relax. A truly positive and motivating experience." ~ **Suji**

• "Thank you for conducting such a meaningful wellbeing session. It was a truly enriching experience that reflected positivity and created a good vibe throughout. I really appreciate that thoughtful way you carried the session for three hours, keeping us engaged and connected. The activities and reflections were not only inspiring but also helped me feel lighter and more mindful. Your effort and dedication made a big difference, and I am grateful for the experience." ~ **Mallika**

• "We thoroughly enjoyed the wellness session, finding the activities and discussions to be both engaging and insightful. The supportive environment allowed us to feel comfortable exploring my well-being. Overall, we found the session to be highly beneficial. Thank you for this wonderful session." ~ **Vinitha**

• "You conducted the session with great energy and positivity. The positive affirmation thoughts were inspiring and easy to connect with. It created warm and motivating environment for everyone. Overall, it was a refreshing and uplifting experience." ~ **Asha**

Next Steps / Way Forward

Teachers deeply felt that value education should evolve into an **ongoing culture** and should not be a standalone session. They strongly recommended the following strategies should be incorporated and implemented in the curriculum:

- Building empathy and ethical thinking through stories and real-life narratives.
- Encouraging critical thinking and moral reasoning by turning everyday situation into learning moments by formulating conflict resolution discussions, debates on values like honesty, kindness etc., having open dialogues
- Teaching values through experiential activities like role plays, skits, group problem solving tasks and community or eco service projects.
- Simple reflective and journaling activities by students strengthens self-awareness and improves emotional intelligence and accountability.
- Values driven behaviour should be acknowledged and appreciated to positively reinforce values like "honesty, kindness, tolerance". Value based recognition should be followed to motivate the learners
- Creating a safe and respectful classroom environment which encourage learners to listen without ridicule, validate emotions, promote inclusiveness.

Closing Reflections

~
*Teachers unanimously emphasized that
"Value education is not taught—it is lived, observed,
and experienced every day in the classroom."*
~

Teachers reflected with conviction that the above strategies, help in implementing a stronger school culture that has reduced behavioural issues, with improved teacher - student relationships and also it helps in creating an emotionally balanced classroom, filled with responsible and value-driven learners. ✧

KARNATAKA

LVE Facilitator: Vasupradha Venkatakrisnan

SRI VIJAYA VIDYA MANDIRA, VASANTHAPURA, BENGALURU

Shree Vijaya Vidya Mandira serves students coming from **humble socio-economic backgrounds**. Living Values Education (LVE) was introduced in the school with the intention of gradually shifting the school environment from **fear-based control** to a **value-based atmosphere**, where children feel loved, **valued, understood, respected, and safe**, enabling them to thrive. The component of the workshops included

Two half day LVE workshops were conducted in 2025: 28th May and 23rd August

The components of LVE workshops included:

1. Values awareness sessions

- c) Exploring our personal & social values; values of our country, our culture
- d) What are values?

2. Overview of LVE in the world

3. Creating a values base learning environment

- a. 'Imagine the school of your dreams'



The sessions were viewed as a **starting point**, not a one-time solution.

Next Steps / Way Forward

As part of the follow-up, teachers were invited to:

- Consolidate and share **practical classroom challenges and use cases** they face on a day-to-day basis
- Highlight specific behavioural, emotional, or contextual difficulties

These inputs will help **Living Values India**:

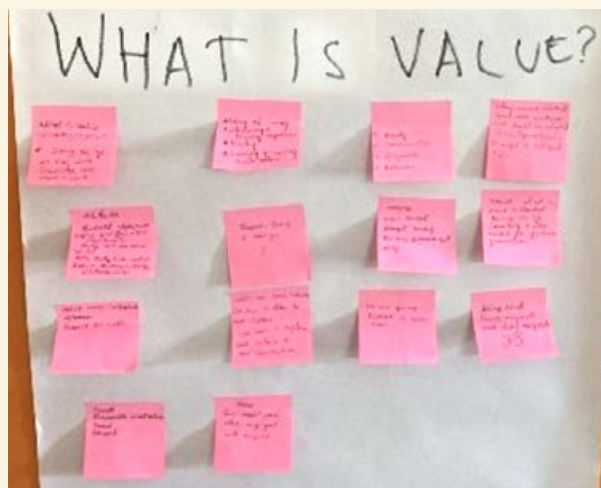
- Review the challenges in depth
- Suggest **alternate values-based methodologies**
- Offer appropriate tools, strategies, or expert guidance where required

This collaborative approach ensures that Living Values implementation remains **contextual, practical, and supportive**, rather than prescriptive.

Closing Reflection

From the facilitator's perspective, the sessions highlighted both the **urgency and complexity** of shifting from fear-based discipline to a values-based approach. While the changes observed were gradual, the willingness of teachers to reflect, imagine alternatives, and engage sincerely marked a meaningful first step.

With continued and sustained Living Values engagement, the school has strong potential to nurture a more compassionate, respectful, and value-driven environment that supports the long-term character development of its students. ✧



Feedback / Evaluation

Teachers appreciated the **non-judgemental and reflective space** created during the sessions. Many shared that the workshops helped them pause and reconsider deeply ingrained practices.

While it was acknowledged that some **improvement was visible**, significant change would require:

- More frequent Living Values sessions
- Continued reflection and reinforcement
- Ongoing support and guidance

MAHARASHTRA

LVE Facilitator: Toral Shah

JBCN INTERNATIONAL SCHOOL, PAREL, MUMBAI

JBCN International School is a well-established international school in Parel East, Mumbai, known for its learner-centred approach and globally recognised education programmes. The school offers a continuum of international curricula — including the International Baccalaureate (IB) Primary Years Programme (PYP), Cambridge IGCSE, and the IB Diploma Programme (IBDP) — designed to nurture critical thinking, creativity, and global citizenship from early years through Grade 12.

A 90-minute parenting workshop was conducted monthly in 2025. The workshop was attended by 30 parents on average each time that helped us reach almost 300 parents in a year.

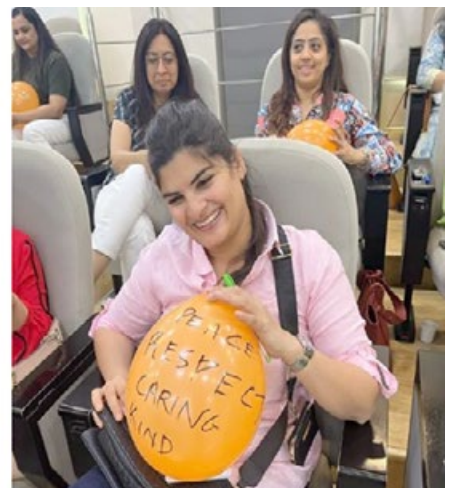
Nine parenting sessions were conducted as well as two sessions with Grade 4 students

Parenting Sessions

In-depth sessions on several topics were conducted, helping the parents reflect deeply upon the challenges in their family lives and providing them with a possible solution.

- Cultivating Peace at home
- A responsible parent taking care of his own thoughts, words and attitudes
- Respectful communication for a harmonious relationship
- A loving home
- Active listening
- Conflict resolution
- Tolerance – a powerful tool to restore peace.
- Humility develops love
- Parenting challenges in digital age
- Managing stress and modelling strength
- Happy parenting

The parents participated enthusiastically in all the workshops, with the majority of the parents benefiting from the guided imagery and other reflective exercises, helping themselves to go into the root of the problem with their spouse or children.



Feedback / Evaluation

Parents' comments across all the workshops

• These sessions have awakened something inside me that is true to my whole existence. The peace and calm I have brought into myself through these sessions, have made me more tolerant to the situations I face in my daily life. I think these workshops are so important, as for the betterment of the child, family and the society as a whole, it is important to understand that values are the very basic necessity.

• When I gave my child some time and space to reflect on his doings (wasting time and resources for sports activities by not attending regularly), he realized his mistake and started working on himself.

• Participants shared positive feedback regarding the interactive nature of the workshop. Many parents expressed that the session provided valuable insights into how they can be more mindful in their approach to parenting, especially when it comes to managing their emotions and responding to their children's needs. Several parents also appreciated the practical strategies they learned to build stronger, value-based relationships with their children.

• The workshop gave me new perspectives on how to handle difficult situations with my children. I now feel more equipped to teach them life values.

• I loved the mindfulness exercises. I am going to practice them with my children, to see positive changes in how we communicate.

• The interactive activities were a great way to reflect on our parenting styles and learn from others.

• I attended the Living values workshop at school which was an eye opener. We as parents are so caught up with multiple things, that sometimes we lose the right way of raising our kids. This workshop for me, touched the right points of self-development and affirmations, which will not only help me to see my own personal growth but in turn impact my child positively. Thank you so much for helping parents like me who need guidance and regular reminders.

• Thank you for the synopsis. The Precious Parenthood session was too good and I am eagerly awaiting the next one.

• Thank you for this opportunity. I attended the workshop today and it was as if it was designed for me. From entering the seminar hall in an overwhelmed, unhappy mood to feeling much more relaxed by the end of it. It's great that there are experts who can guide us parents to be more fulfilled and happier as it's the toughest job in the world as we frequently are in a "self-doubt" mode. So, I look forward to Phase 2 of the workshop.

• I strongly feel that such workshops (age appropriate) should be planned for younger kids also as a lot of problems begin from Grade 1 onwards. These smaller problems become the cause of bigger problems when these kids enter their teens and eventually become a part of their being. When they know that they're not alone and each of their peers is facing something or the other, they're reassured and also find innovative ways to improve the situation with correct guidance.

• The session shattered some beliefs / norms, it forced me to look inwards and reflect on myself and my balance. Answers to some simple questions were eye openers and resulted in a change in perspective that I embraced with absolutely no resistance. The session had very clear pointers and actionable that made the transition from a self-doubting parent to an empowered one. A soul enriching session, I look forward to the next one.

• It was nice to hear and see what other parents are also facing. Each parent has their own unique challenge and this was a nice session to get a better understanding of how we all can deal with the challenges of bringing up our kids in a loving home.

• I would recommend this as a mandatory for every teacher and parent. Thank you for all your efforts.

• The session was truly insightful and awakening. The facilitator, Ms. Toral, was highly knowledgeable, and the engaging format made it impactful. Strategies shared through real-life scenarios and behaviour management tips were incredibly helpful. It was a highly beneficial experience! Regular monthly sessions like this would be an excellent support for parents.

• I have become much more patient with my child. I have successfully overcome mealtime tantrums by embracing the 'Value of Peace'. My relationship with my spouse has improved, and that positive shift is benefiting my child as well. I am still a work in progress, but the Living Values sessions have helped me bring out the best in myself. They've taught me the importance of working on myself first.

Outcomes observed

• Two parents were on the brink of separation from their spouse, but LVE parenting sessions help them find a practical solution to restore peace and happiness in their family life.



Grade 4 Students:

“During the visualisation, I felt very light and calm. It was like there was a guiding white light right behind me.”

“I felt peaceful and all my negative thoughts went away.”

“In the morning, I was feeling disturbed, but now it doesn't affect me anymore.

“When my parents fight, I feel stressed and scared because I don't know what to do. But now I will use this method to relax by imagining myself as a peaceful star.”

This reflection shows the emotional impact of the workshop and the effectiveness of peaceful practices for children.

A parent sharing her success story after implementing the Value of 'Peace' from the last session, at her home which enhanced communication with her child.

Like many parents, I often found myself caught up in the hustle & bustle of daily life. Between work, daily chores, and running errands, my child and I rarely had time to just be with one another. When we did talk, it was often in the middle of chaos or at a time when emotions were running high. There was always a sense of urgency in our conversations, and sometimes, that led to misunderstandings, raised voices, or feelings of frustration.



After the session of Living values on Peace, where we discussed how peace can enhance relationships and communication, I realised that I wasn't giving my child the space he needed to communicate freely and openly. I also realised that I, too, needed to create a more peaceful environment within myself in order to better support my child.

The first step I took was to **slow down**. I made a conscious effort to pause before reacting. If my child came to me with a concern, I no longer jumped straight into problem-solving mode. Instead, I took a deep breath, acknowledged their feelings, and gave them my full attention. I began to practice **active listening**—not interrupting, not offering solutions right away, but allowing them to express themselves fully. At home, I also worked on eliminating distractions during our interactions. No more checking my phone or multitasking when my child wanted to talk. I made a point of sitting down with him at the dinner table, or even setting aside “quiet time” for just the two of us, where we could connect and talk without any interruption.

Next Steps / Way Forward

- **Progress Towards Other Living Values:** Build upon various values by introducing subsequent LVE workshops (such as Cooperation, Unity, Humility, Tolerance, etc.), helping parents and children grow holistically.
- **Possibly Extending the Living Values sessions to another branch of the JBCN International school**

A meeting will be scheduled with the **Principal/Managing Director of the current school** to share outcomes and insights from the Living Values Education Programme workshops. This will be followed by a **presentation highlighting the success, impact, and positive feedback** received from the workshops conducted.

Based on the discussions and mutual agreement, there is a **possibility of extending the Living Values workshops to another branch of JBCN International school**, with the proposed commencement in the **Academic Year beginning July 2026**. Further planning and implementation details will be finalised upon approval.

Letter of gratitude & appreciation from JBCN International School, Parel, 28 Feb, 2025

On behalf of JBCN International School, Parel, I extend my heartfelt gratitude for your initiative in conducting this truly meaningful workshop for our parents.

Your dedication and effort in making these sessions happen have been invaluable, and the positive impact on our parent community has been deeply appreciated. These workshops have provided immense support and guidance, and we are grateful for the difference they have made.

Thank you once again for your proactive approach and unwavering commitment to bringing Living Values to life for our parents. We truly appreciate your contribution.



Testimonial

“I am actually going through many of the phases with my child that were discussed in the workshop. It helped me gain clarity on how to handle difficult moments, especially when my child faces challenges with peers or in the parent–child relationship. I am really looking forward to the next workshop and learning more.”

Closing Reflection

The Living Values workshops for parents were conducted as warm, reflective spaces where parents could pause, look inward, and reconnect with themselves before addressing their children's behaviour.

Many parents openly shared their struggles—feeling overwhelmed by their own emotions, experiencing repeated miscommunication that often led to disagreements with children/

spouse and feeling unsure about how to instil discipline with love and consistency from an early age in children.



~
*The journey reaffirmed a powerful truth:
when parents live the values, children naturally absorb them,
and harmony begins within the home.*
~

LALA LAJPATRAI COLLEGE OF COMMERCE AND ECONOMICS, MUMBAI

Young adults are the foundation of a nation. It is crucial to talk about the mental well-being of young adults, at the time when social media, print media and news channels are flooded with negative news every day, about young people committing suicide, or indulging in different kinds of crimes. It is pivotal to help young people find ways to be emotionally intelligent and resilient.

We are happy to receive an invitation from Lala Lajpat Rai College of Management for a half-hour Living Values session on Values-based Leadership and mental well-being. A successful session was conducted for 120 students. Below is the snapshot of workshop proceedings.

Toral Shah, LVE facilitator, conducted two beautiful self-reflective exercises, helping the participants to explore and delve deeper into their personal values.

1. The participants were enabled to connect to their personal values by

- Reflecting on the qualities of a person who has influenced them deeply.
- Thinking of a special moment, when they discovered good about themselves, a quality they feel proud of.
- Remembering a time when someone said something good about your strength and values.

Reflection of the students

“The person who has influenced me the most is my mother. She is incredibly patient and compassionate, even in stressful situations. I’ve seen her handle problems calmly without losing her temper, and she always tries to understand other people’s feelings before reacting”

“One of my professors once told me that I’m trustworthy and dependable. He said that whenever a group project needed someone to step up and take responsibility, I was always ready, and people felt comfortable working with me because they knew I wouldn’t let them down.”

“A special moment for me was when I volunteered to help organize a charity event at college. I didn’t think I was very good at leadership, but when I started coordinating with other students, handling last-minute issues, and keeping the team motivated, I realized that I can stay calm under pressure and help people work together.”

2. Tree of My Life

The participants were asked to imagine how a tree and parts of the tree each might represent their life and the values they use in their life.

Reflection of the students

Root: The foundation of my life is honesty. I believe that being truthful to myself and others helps me build trust and keeps me grounded, even when things are hard.

Branches: The main areas in my life are family, friends, studies, health, and my hobbies like playing sports and listening to music. These help me stay balanced and happy.

Leaves: I always try to listen and support others when they’re going through something tough. Being there for my friends and family makes me feel like I’m helping them even in small ways.

Fruit: My special value is kindness. I feel proud when people say that I’m approachable and easy to speak to.

Insect: The biggest insect in my life is procrastination. Sometimes I keep putting off tasks and then feel stressed when deadlines are near.

The way I can fight procrastination is by choosing self-discipline and time management.



Visualization

“I am a Strong Tree”

This activity was designed to help students connect to their core values, inner strengths, and resilience by visualizing themselves as a tree. It encouraged self-awareness, reflection, and the ability to stand strong in life’s challenges while staying rooted in their values/principles.

Student’s experience of the visualization exercise

This activity helped me realize how my values like honesty and perseverance keep me grounded during tough times. It showed me that my strengths, like staying disciplined and supporting others, help me grow even when life gets challenging. I also became more aware of distractions like self-doubt, and how choosing patience and optimism can help me overcome them. It was a great way to connect with myself and stay rooted in what matters most.

Next Steps / Way Forward

The 30-minute LVE session with young adults had a profound impact, leading the college management to invite LVE India for a comprehensive 2-day LVE Foundation workshop on February 27-28, 2026. This partnership is expected to foster a long-term collaboration, promoting emotional growth among students by integrating values into the teaching.

GOA

LVE Facilitator: Anjesia Rodrigues

PEACE COTTAGE, BETALBATIM, GOA

Workshops on following values were conducted during the year:

- Responsibility
- Respect
- Understanding peace from a spiritual perspective

Feedback and Reflections

Responsibility

Feedback from participants indicated that the workshop provided a meaningful opportunity to slow down and examine their relationship with responsibility at a deeper level. Many expressed that the self-reflection questions helped them recognize unconscious patterns of self-talk and emotional suppression that influenced their sense of responsibility and self-worth.

Participants appreciated the non-judgemental and supportive space for sharing, which allowed them to openly explore doubts, guilt, and inner conflicts without fear. Participants realized that the session helped them re-frame responsibility as an act of self-care and self-respect rather than obligation alone. The workshop was described as thought-provoking, grounding and empowering, encouraging participants to continue practicing conscious self-reflection and positive affirmation in their daily lives.

Overall, the workshop on the **Value of Responsibility** was received as a transformative experience that deepened participants understanding of responsibility as a lived value, one that begins with awareness, is nurtured through inner honesty and is expressed through mindful action. By embracing responsibility in this holistic way, individuals are better equipped to contribute positively to their own lives and to the world around them.

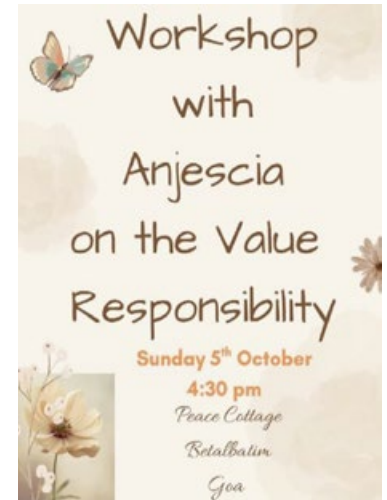
Respect

This reflection highlights the importance of continuing self-observation and conscious practice of self-respect in daily life. There is a need to further strengthen humility, patience, and empathy, especially in challenging situations. By regularly reflecting on my actions and responses, I can improve my ability to judge fairly, communicate respectfully, and maintain emotional balance. Consistent practice of these values will help deepen self-respect and positively influence relationships with others.

Peace

Participants expressed that the workshop offered a safe and nurturing space to slow down and reconnect with themselves. Many shared that the experience helped them recognise peace as a practice rather than a destination. The gentle approach encouraged openness, emotional clarity, and a deeper appreciation of how inner peace transforms daily living.

Overall, the workshop was received as a meaningful and grounding experience that inspired participants to integrate peace into their everyday lives, through self-awareness and mindful reflection for a peaceful outcome in every challenging situation.





NURTURING VALUES INTO DAILY LIFE THROUGH REFLECTION AND CREATIVE ART

LVE Facilitator: Anjescia Rodrigues

On 3rd April, a workshop was conducted for children aged 10 to 18 from the Catholic community with the aim of helping them understand, reflect on values into their everyday lives. The session combined value-based discussions with a creative Mandala art activity to foster mindfulness, self-expression, and emotional well-being. The workshop sought to inspire children to live with confidence, happiness, and self-love, while discovering the joy of creativity and inner peace.

Many children reflected on values for the first time, which brought excitement, curiosity, and thoughtful engagement.

- The activities helped them understand how values like inner peace, respect, self-love contribute to becoming better human beings.
- The **Mandala session** created a meditative experience, helping the participants experience stillness, focus, and peace.
- The workshop successfully linked **spiritual reflection with creative expression**, allowing children to realise that values can be lived and practised through small daily actions.

Feedback and Reflections

- Participants shared that the workshop made them **feel peaceful, happy, and more connected** to their inner selves.
- Many expressed a **strong desire to attend similar sessions** in the future, as the experience helped them explore mindfulness and creativity in a meaningful way.
- The children reported feeling a **renewed sense of purpose and calm**, with motivation to apply values like self-love, peace, unity and respect in their daily lives.
- Overall, the workshop was a **success**, creating a positive and values-based environment that encouraged reflection, creativity, and emotional growth.



LIVING VALUES EDUCATION (LVE) AT AMEYA

LVE Facilitator: Jacqueline Fernandes

Ameya is a community-driven initiative in Goa, India dedicated to promoting healthy aging and overall well-being among seniors, their family and community members. Ameya places seniors as pillars of hope and agents of change, assisting them in strengthening their position at the top of the social pyramid and co-creating tomorrow's future by positioning them as guardians of wisdom, culture and stability, rather than mere dependents in a modern world.

Ameya gives value to the wealth invested in Seniors, caring for them as treasures, harnessing their knowledge and experiences, forging a community that is safe, welcoming, filled with love, laughter, compassion and empathy that nurture togetherness, fostering seniors as valuable assets to society.

The Ameya programme was founded on the 7th January 2025 under the guidance and generous support of Eleanor Viegas and Jacqueline Fernandes and other volunteers namely Anjesia Rodrigues, Rahana and Zaira Mirza, and started at Peace Cottage in Betalbatim, Goa.

From the onset, an important influencing factor that gave structure and form to Ameya was its immersion with Living Value Education (LVE) dedicated to 'nurturing hearts and educating minds' and highlighting importance of learning to be and learning to live together. Ameya coincides with the LVE ethos and uses LVE tools and materials **to bring people together to Explore, try new Experiences and connect with/Express their hidden wealth of values, qualities and talents within themselves and within each other in a collective way.**

Exemplary activities of the **Values in Art Workshop for Senior Citizens** were conducted on the 24th September 2025, at Peace Cottage by Eleanor Viegas:



On a large sheet of paper, participants were asked to make marks on the paper that expressed different qualities like GENTLE, STRONG, TOLERANCE, DETERMINATION, PEACEFUL, using 3 primary colours. Painting the quality was a mind-blowing experience. A sense of calm prevailed and it set the mood for the next part of the session. In the next part, the participants had to make a variety of marks using the 3 primary colours, such that the entire paper was covered, but not think too much. The finished paintings were all very different.

Everyone felt relaxed yet very concentrated. The participants were asked to express their feelings and answer reflective questions. They enjoyed sharing their points of view with others.

The initial workshops concentrated on artistic expression through drawing, painting, needlework and marbling, facilitated by Eleanor Viegas (methodology explained above), as well as pottery by Nandini Datta. Seniors were encouraged to work spontaneously without thinking too much. They were empowered to connect with and express their inner beautiful selves, acknowledging and building new strengths and skills, making meaning of experiences, personal growth, talent and inner creativity. Art class is instrumental to achieve a meditative state whilst reaching into the inner depths of values and talent, building confidence and bringing a satisfying and positive feeling.

Further workshops in expressive art engaged seniors to make art and craft together, have much fun, build concentration in the working process, exposure to new materials and techniques, exploration of hidden talents, fostering communication, collaboration and appreciation in each other. All-in-all seniors were happy from a sense of self-accomplishment, social engagement and sharing.



Art Expression helps to reach the inner depths of values and talent

The workshop helped senior citizens to get in touch with the inner artist and at the same time introduce them to Living Values. During other meetings, the different VALUES explored were LOVE, PEACE, HAPPINESS.



Seniors experiment with Marbling



Pottery with Nandini Datta

Another fabulous activity focuses on mindfulness and an inward journey into the strengths and core of personal and social values of **Love, Happiness, Peace, Respect, Freedom, Responsibility and Tolerance**.



Seniors were able to connect with their own hidden qualities, the foundation of their identity, become aware of self-worth and trust in others. With constant and dedicated facilitation of LVE practitioners (Anjescia Rodrigues, Eleanor Viegas and myself), the skill of how to keep generating positive and gratifying thoughts and be sensitive to others grow strong and deep. With continuous practice seniors develop skills that will help them in daily life setting, to care for their own well-being and mental health, fulfil their potential, realise their dreams, and contribute to their community with dignity, respect, self-confidence and purpose.

With increased faith and courage, Seniors will co-create a bright, peaceful future for the world as torchbearers of values in their community and in the world, inspiring their peers to create a calm value-based atmosphere where new learning and good health become a standard.



Fitness is an integral part of LVE. It includes meditative exercises like yoga and breathing, brain-gym, together with dancing, Taichi as well as music, singing and laughter.

The outcome of creative stimulation with non-verbal expression, emotional release, cognitive stimulation, movement therapies and social engagement, is remarkable resulting in increased peace and productivity as well as mutual trust and discipline in Seniors.

Noteworthy is the focus shifting from senior challenges of loneliness, boredom, loss of function and ability, mental distress and resignation, **towards creating avenues for engagement, learning, purpose, community interaction whilst boosting emotional, mental, physical and spiritual aspects of health, well-being and independence of seniors.**

Next Steps / Way Forward

The way forward is

- to expand Living Value Education through Ameya and collaborative efforts with the youth of Goa.
 - Create a buddy system with Ameya Seniors that includes the youth. This involves collaborating with LVE to realise the Youth Leadership Programme in Goa using a proposal already written and developed by ALIVE Board Member, Helen Sayers, for the same.
- to address the following challenges in the best way forward:
 - Driving a mindset that allows us to put intention in to anything we do. When we have intention, we believe in ourselves, our capabilities and especially we feel the support of our Creator in this earthly journey.
 - LVE is difficult in large groups. We are in a process of activating a buddy system and making smaller groups so that every member has a feeling of belonging and calmness necessary to visualise and feel the goodness inside.
 - Elaborate and support the Buddy System between Ameya Seniors so that they can interact outside the workshop, be engaged and socially active and eliminate the scars of loneliness and isolation.

Closing Reflections

Living Values Education is as its name suggests - it does not stop at the workshops and meetings. LVE is a journey where members slowly build up a mindset that is powerful and peaceful. They start to believe in themselves and their connection with God is activated. This belief becomes so automatic that it kicks in when there is most need to be strong, centred, faithful and positive in the face of challenges.

Conclusion

The experience of our teams facilitating LVE activities across various target groups highlighted the importance of **continuous and sustained engagement rather than a one-off intervention, in order to enable participants to bring about a meaningful change in their lives.**

ACTION PLAN FOR THE YEAR 2026

- **27-28 February** - A two-day LVE foundation workshop with staff at Lala Lajpatrai College of Commerce and Economics, Mumbai.
- **2-7 March** - An intensive six-day LVE train-the-trainer workshop for up to 18 candidates from a number of states in India is planned in Pune. These include not only teachers but a number of representatives from other professions such as software engineers, medical doctors, healthcare workers, a chartered accountant, social worker and corporate professionals.

We envisage that these workshops will help to develop a strong team of trainers, facilitators and coordinators that will be able to offer a variety of LVE workshops and other activities to schools, colleges, and the wider community, in several states of India. ✧



UNITED STATES OF AMERICA COUNTRY REPORT

ALIVE Associate: Living Values: An Educational Program, Inc.

Representative to ALIVE: Diane Tillman

livingvalues.net/usa

Every year in the USA, we have at least one in-person public event, offering people the opportunity to reflect on and explore their values. The 2025 event was *"Deepening Your Peace and Happiness during Turbulent Times"*, a workshop held in August at a retreat centre in Novato, California, **facilitated by Diane Tillman and Deborah Burnham**.

While individual teachers and educators continue to use Living Values Education (LVE) in various classrooms in the USA, most do so independently. There is a preschool/day care school in California and a private K-8 school in New York which continue to use LVE at a whole-school level. This year, one of the board members of LVEP, Inc., the USA Associate of ALIVE, **Perla de Los Santos**, has been doing LVE with a county programme in Marin County, teaching parents of preschoolers about LVE, and how to do values activities with groups of young children. The supervisors have been pleased with the decrease in conflict and the increase in cooperation, peace and belonging. **Belen Romero** cooperates with Perla in doing parenting sessions on Zoom for the parents.

On the other side of the country, a passionate retired educator did LVE activities with youth in a summer camp in Chicago, and brought LVE to her daughter while a university professor. **Leena Khanzode**, another board member and a psychiatrist, includes LVE activities in her work to build social skills and resilience for children.

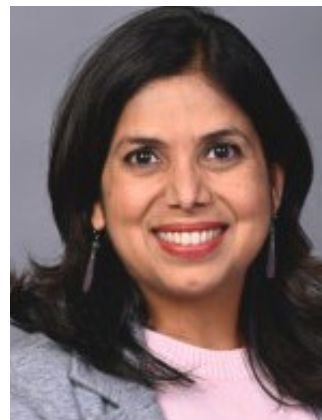
The ALIVE Associate in the USA was asked by Humanity Rising, Inc. to do a series of sessions on Peace. Based in Chicago, the CEO, **Debbie Ferruzzi**, is committed to youth empowerment and bringing peace and values to youth. The six sessions were facilitated live on Zoom by Diane Tillman with teenagers participating from different states. Recordings of the sessions are being published on the organisation's website for viewing by youth around the country. ✧



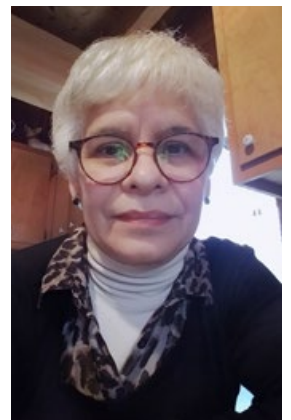
Deborah Burnham



Diane Tillman



Leena Khanzode



Belen Romero

*Empower people to create more peace and happiness
in their own lives and make a difference in the world.*





INDONESIA COUNTRY REPORT

ALIVE Associate: YAYASAN KARUNA BALI.

Representative to ALIVE: I Gede Supardika, S Pd
livingvalues.net/indonesia

From January to December 2025, the Association of Living Values Education (LVE) Indonesia continued its commitment to nurturing values-based learning and community engagement. This year's activities reflected both continuity and renewal: workshops that strengthened educators' capacity, value-based sharing sessions that inspired students and staff, and heartfelt moments of remembrance that honored the legacy of our trainers.

Through these initiatives, LVE Indonesia sought not only to deliver programs but also to cultivate atmospheres of respect, empathy, and collaboration—ensuring that values remain at the heart of education and community life.

The following report highlights the key activities and milestones achieved during this period.

1. Workshop

Four Living Values Education (LVE) workshops were conducted in Bali between February and September 2025, engaging a total of 33 participants. Prior to each workshop, the Association provided trainers with an administrative package—including registration, consent, evaluation, and reporting forms—along with certificate numbers. Trainers were also asked to prepare a Term of Reference (TOR) and submit documentation of the sessions.

This year, two trainers actively facilitated workshops: **Ni Wayan Yeniari** and **Wayan Rustiasa**.

In addition, one workshop held in Yogyakarta on December 13-15, 2024 (16 participants, facilitated by **Muqowim** and **Ziadatul Husna**) was not included in the previous report and is therefore noted here.



LVE Workshop at SMP N 1 Pupuan on May 2024



LVE Workshop at Karuna Bali Foundation on June 2025



LVE Workshop at Rumah Kearifan Yogyakarta on December 2024



LVE Workshop at Karuna Bali Foundation on August 2025



LVE Workshop at Karuna Bali Foundation on September 2025

2. Value-Based Activity Sharing

In 2025, four value-based activities were held at two different educational institutions as part of efforts to introduce and strengthen the implementation of Living Values Education:

- **Amisewaka DLCC – June 12, 2025:**
Attended by 77 students as part of the School Environment Orientation, this session introduced LVE principles to support their learning journey.
- **SMP Negeri 1 Pupuan – July 22, 2025:**
The sharing of value-based activities was carried out during the School Environment Orientation to help students explore values that can guide and enrich their school experience.
- **Amisewaka DLCC – November 7, 2025:**
Another session for 77 students prepared them for internships, ensuring they carried a strong values foundation into the tourism industry.
- **Amisewaka DLCC – November 7, 2025:**
On the same day, value-based activities were also provided specifically for seven new staff members of Amisewaka to introduce Living Values Education (LVE) and apply it in the school environment.

These activities were facilitated by trainers **Ni Wayan Yeniari** and **Wayan Rustiasa**, supported by Karuna Bali Foundation facilitators **Ni Wayan Yuniari Putri**, **Ni Made Puspa Dewi**, **Ni Nyoman Triantari**, **I Gede Supardika**, and **Wayan Rindiyani**.



LVE Workshop at Rumah Kearifan Yogyakarta on December 2024



Values based activity sharing for students at Amisewaka on June 12, 2025



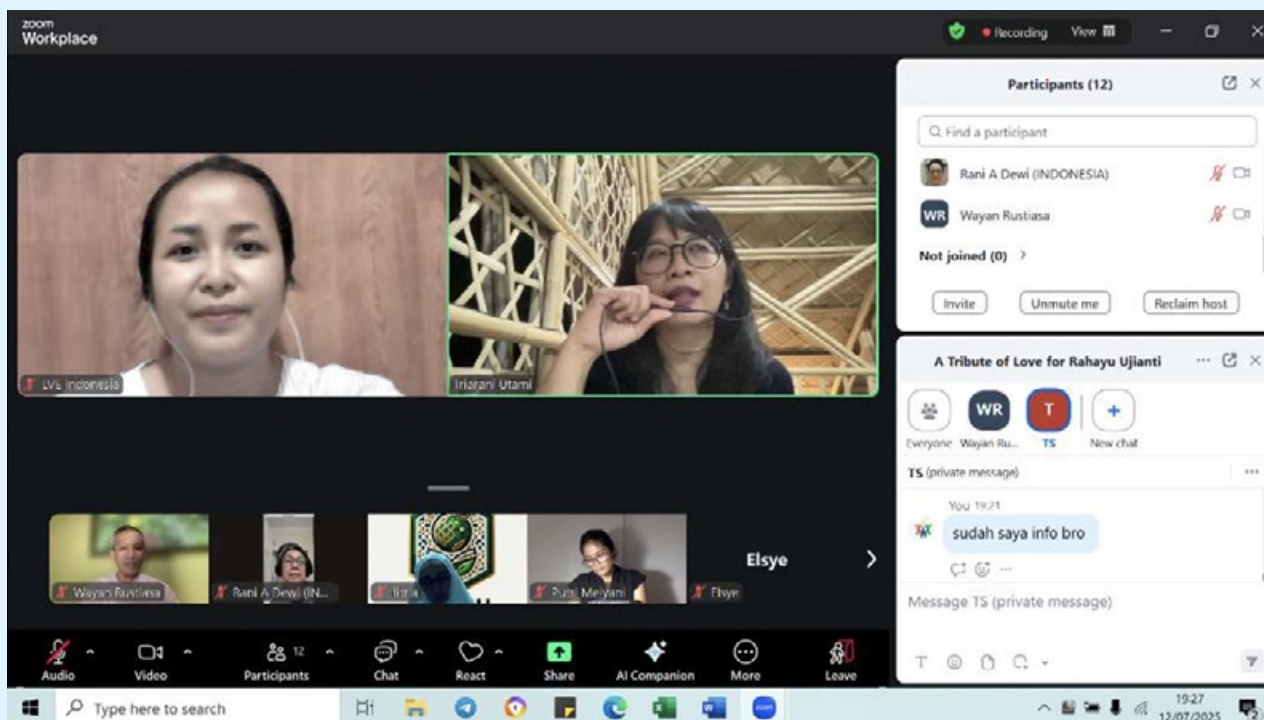
Values based activity sharing for students at Amisewaka on November 7, 2025

3. Online Activity “A Tribute of Love for Putu Rahayu Ujianti”

On July 12, 2025, the Association of Living Values Education (LVE) Indonesia hosted an online gathering entitled “A Tribute of Love for Putu Rahayu Ujianti” to honor the memory of one of our beloved trainers, who passed away earlier this year. Held via Zoom and attended by 12 participants—including trainers, family, friends, and colleagues—the event created a heartfelt space of remembrance and gratitude.

Participants shared memories, offered prayers, and expressed their respect by writing values or qualities they wished to dedicate to Putu Rahayu Ujianti on a photo.

This collective tribute was later presented to her family as a symbol of love and appreciation from the LVE Indonesia community.



A Tribute of Love for Putu Rahayu Ujianti activity on July 12, 2025

4. Preparation for Values Based Atmosphere (VbA) Online Training in Bahasa Indonesia

The Association prepared an online Values-Based Atmosphere (VbA) training course in Bahasa Indonesia. Initial translation of the modules was provided by Natasha Lockey, after which the Association carefully proofread, refined, and adjusted the content for accuracy and clarity.

As part of this process, the Association also updated its databases to ensure comprehensive training support materials were available on the platform.

5. Promoting Values through LVE’s Value Cards

To further promote values education, the Association distributed LVE Value Cards in both bilingual and trilingual editions. In 2025, 155 bilingual sets and 87 trilingual sets were purchased by educators and institutions across Bali, Jakarta, Depok, Sulawesi, and Bogor.

These cards continue to serve as practical tools for integrating values into daily learning and community activities. ✧



GERMANY COUNTRY REPORT

ALIVE Associate: Lebenswerte Gesellschaft e. V.

Representative to ALIVE: Elisabeth Geschka

livingvalues.net/germany

In 2025, we have camps for children and young people planned for the Pentecost and summer holidays. These will incorporate: 'Living Green Values' – Experience nature, preserve nature. ✧



~
*Encounter
nature with
love and
appreciation*
~





CAMBODIA COUNTRY REPORT

Focal Point for Living Values Education: Chhun Chendasophea
livingvalues.net/cambodia

Report from end of 2024

May to November 2024

LVE Cambodia volunteer team continued to provide trainings to different groups of teachers and educators. Members of Pour un Sourire d'Enfant's (PSE) who previously attended the training recommended it to their other staff members and we conducted three more trainings for their educators. Pannasastra International School Sen Sok also had a repeat training for their new group of teachers. A number of other schools also shown interest in the training and had done the training, they include Preah Sisowath High School (NGS), Preah Yukunthor High School (NGS), ECO International School and Sunshine Learning Center. We also did a training for a home-schooling parent group.



Drawing a symbol that represents themselves (PSE)



Group teaching practice: Peace and the Sustainable Development Goals



Group teaching practice: Cooperative drawing (PSE)



Participants awarded certificates (Preah Sisowath High School - NGS)



Presenting peace cake (Pannasastra International School)



Mind-mapping educator's values (Preah Sisowath High School - NGS)



Group teaching practice: Arms are for... (ECO International School)



Trust walk (ECO International School)



*Chains of positive vs negative self-talks
(Preah Yukunthor High School - NGS)*



*Educator's behaviours and attitudes and child's emotions
(Sunshine Learning Center)*



Empathy mapping and educator's attitudes and behaviours (parent group)

It is a privilege for the LVE Cambodia team to have work with Pour un Sourire d'Enfant's (PSE). The organisation's mission is to help children escape from poverty by providing food and health, education and schooling, vocational training, and parenting and family supports for 10,000 children over the past 20 years. ✧



SOUTH AFRICA COUNTRY REPORT

ALIVE Associate: LIVING VALUES ASSOCIATION OF SOUTH AFRICA

Representative to ALIVE: Shweta Kapur

livingvalues.net/south-africa

SONDELA VISUAL ART PROCESS

Date: 20th September 2025

Venue: Kaross Studio Letsitele, Limpopo

Participants: ±60 Grade 10 learners from Mawhawha, Mark Shope, and SS N'wamitwa High Schools; officials from the Limpopo Department of Education and partner organizations

Facilitated by:

- Ms. Carole Podetti Ngono, Founder of Valued Citizens Initiative
- Ms. Janine Pretorius, Founder of Kaross Foundation
- Shweta Kapur, Board Director, ALIVE (Living Values Education) & Stream Head of Education, Values20 South Africa

1. Introduction

The Sondela Visual Art Process, meaning 'come closer,' is an initiative that brings young people closer to their own voices, their lived realities, and the values that hold communities together.

The event gathered around 60 students, local educators, officials from the Department of Education, and community partners. Its purpose was to transform dialogue into art, bridging words and visual storytelling. This directly aligned with both Living Values Education's mission of nurturing values in daily life and Values20's vision of embedding values into how societies grow and thrive.





2. Opening Remarks

Shweta Kapur delivered the keynote address on behalf of both Living Values and Values20. She emphasized:

- **Art as Healing & Revealing:** Art expresses truths, resilience, and hope in ways words cannot.
- **Values in Action:** Equality, solidarity, and sustainability are not abstract concepts but lived experiences expressed through creativity.
- **Youth Voices:** By translating dialogue into art, learners showed courage, vision, and their ability to shape South Africa's future.

3. Outcomes

- **Youth Empowerment:** Students gained confidence in expressing themselves beyond dialogue, using art as a tool of self-expression and reflection.
- **Values in Practice:** The artworks illustrated values such as respect, equality, solidarity, and sustainability, reflecting Living Values principles in creative practice.
- **Cross-Sector Partnerships:** The collaboration between the Valued Citizens Initiative, Kaross Foundation, Living Values Education, Values20, and the Department of Education demonstrated the power of multi-stakeholder engagement.
- **Lasting Impact:** The artworks will be exhibited in public spaces, ensuring that youth-led expressions of values continue to inspire communities.

4. Reflections from the Speech

Key reflections from Shweta Kapur's remarks:

"Art heals. Art reveals. Art reminds us that values are not abstract concepts - they are lived, felt, and expressed in everyday life."

"Our future will be defined not only by policies and programmes, but by the values we choose to nurture in our children."

"When we give young people space, guidance, and trust, they don't just participate in society - they transform it."



V20
SOUTH AFRICA

5. Conclusion

The Sondela Visual Art Process in Limpopo highlighted how creativity can anchor values in education. It empowered learners, strengthened partnerships, and gave visibility to the lived experiences of South Africa’s youth.

The event embodied the shared vision of Living Values Education and Values20: that values are not only taught but lived, and that by offering children spaces to express themselves through art, we nurture empathy, reflection, belonging, and transformation.



Values are not only taught but lived, and that by offering children spaces to express themselves through art, we nurture empathy, reflection, belonging, and transformation.





PHILIPPINES COUNTRY REPORT

Focal Point for Living Values Education: Brian U. Bantilan, M.M

livingvalues.net/philippines

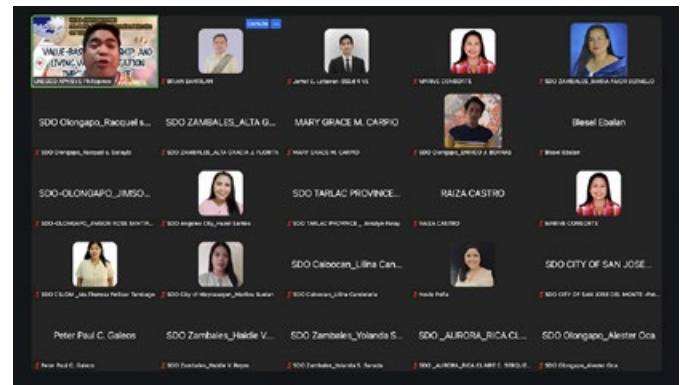
September 2025

The Asia-Pacific Network for International Education and Values Education (APNIEVE) successfully conducted a national webinar on *Values-Based Atmosphere Strategies* on September 27, 2025. The event was attended by seventy-two (72) participants composed of Department of Education (DepEd) teachers and Values Education teachers from various regions across the country.

The webinar aimed to deepen the understanding of educators on creating Living Values Education - values-based learning environments and to introduce innovative strategies for teaching Values Education more effectively. The session highlighted the importance of a nurturing and inclusive classroom atmosphere as a foundation for holistic development, moral discernment, and character formation among learners.

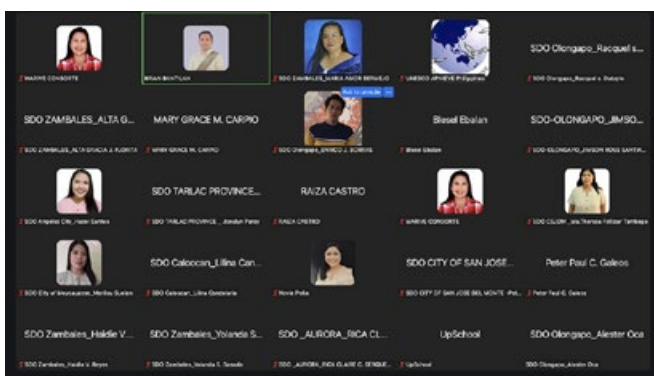
Mr. Brian Bantilan, the focal point for Living Values Education (LVE) in the Philippines, shared a range of practical approaches for integrating values in daily teaching practices. The discussions focused on strategies such as experiential learning, reflective practices, cooperative learning activities, and values infusion across subject areas. Participants were also introduced to techniques in fostering empathy, respect, and responsibility through dialogue, storytelling, classroom rituals, and community-building exercises.

Teachers expressed appreciation for the webinar, emphasizing its timeliness and relevance in today's educational landscape where the cultivation of values is as critical as academic excellence.



The participants committed to applying the insights gained in their respective schools and to continuously promote positive classroom environments that uphold dignity, respect, and integrity.

In conclusion, the APNIEVE webinar on Values-Based Atmosphere Strategies was a significant platform for professional growth and exchange of meaningful strategies in teaching Values Education. By empowering educators to cultivate values-based classrooms, the initiative contributes to the broader mission of nurturing responsible, compassionate, and value-oriented Filipino learners. ✨





SIERRA LEONE COUNTRY REPORT

ALIVE Associate: LIVING VALUES ASSOCIATION SIERRA LEONE (LVE-SL)

Representative to ALIVE: Alhaji Kamara

livingvalues.net/sierra-leone

LIVING VALUES EDUCATION WORKSHOP: TRAINING THE EDUCATORS (TTE)

Date: 22nd – 25th January 2025

Venue: Waterloo District, Western Rural Area, Freetown, Sierra Leone

Participants: 30

The running of our second Living Values Education workshop on 'Training the Educators (TTE)' was a great success!

All participants whom attended were residents and teachers from the Waterloo District, Western Rural Area of Freetown, where the workshop took place. The training was held at the Marah International Academy Pre-Primary and Sam-Pessie Junior Secondary School Hall in Monkey Bush Container, Waterloo Rural District, Western Area. The training sessions were conducted in both Broken English and English. Breakfast and lunch were provided to all participants throughout the training, and transportation allowances were given at the end of each day.

The training was sponsored by the Association for Living Values Education International (ALIVE), which supported food and transportation refunds for the trainees. The proprietress of Marah International Academy Pre-Primary and Sam-Pessie International Junior Secondary School, Madam Alice Pessie Marah, sponsored stationery and other training materials. Madam Kadiatu Kamara, sister of Mr. Alhaji Kamara, sponsored the facilitators' transportation and training allowances for the three days.

The facilitators were Mr. Alhaji Kamara and Mr. Alpha Abu Kamara, a former focal person in Sierra Leone, who travelled from the far south of the country to join the training. Mr. Alpha Abu Kamara was hosted by Mr. Alhaji Kamara.



Day One

The training commenced with an opening prayer, followed by the introduction of participants. Mr. Alhaji Kamara provided a brief historical overview of Living Values Education (LVE) and the Association for Living Values Education (ALIVE). Co-facilitator Mr. Alpha Abu Kamara shared how he discovered Living Values Education online and contacted Madam Helen Sayers who is a Board Member of ALIVE and offers Regional support for Africa.

The first session began with a personal values reflection. Mr. Alhaji Kamara posed a series of questions as part of a prepared presentation. Participants were invited to silently reflect on and respond to the questions, encouraging deep personal insight.

As participants explored their values as educators, many acknowledged past negative behaviors and reflected on how they typically respond to pupils during conflicts. Mr. Alpha guided participants through a reflection exercise, asking them to consider individuals they admired and the reasons for their admiration. He also asked participants to reflect on what they value in their profession—excluding financial benefits. The responses were insightful and revealed key values such as self-confidence, trust, and mutual respect between teachers and pupils.

In a group discussion, participants explored the needs of a child. Their responses were recorded and displayed on a flipchart by Mr. Alhaji Kamara, facilitating an open and engaging session.



Day 1: Personal Values discussion

Day Two

The second day began with registration, followed by an opening prayer. Participants were then asked to reflect on the activities and lessons learned on Day 1. The session continued with a discussion on the core values of Sierra Leone. Participants identified a variety of national values and discussed how adherence to these values could positively influence society.

The next session, on active listening, was facilitated by Mr. Alhaji Kamara. He divided the participants into two teams and gave each team specific instructions: one team was to present a story or scenario, while the other team was instructed to deliberately ignore the speaker. The exercise was then repeated in reverse roles.

Participants shared their reactions afterward, noting how uncomfortable and disrespected they felt when ignored. Mr. Alhaji Kamara explained that this is often how pupils feel when teachers fail to listen to them, particularly when they attempt to report issues or concerns. This exercise helped participants reflect on the emotional needs of their students and the importance of attentive listening.



Day 2: 'Active Listening' session

The training continued with a session on 'The Needs of a Child,' facilitated by Mr. Alpha. He encouraged participants to reflect on their own childhood experiences—what they needed, wanted, and expected from their parents.

He then challenged them to consider whether they are currently meeting those same needs for their own children at home or students at school. This introspective activity led many participants to recognize areas where they had unintentionally fallen short as both teachers and parents.

The day concluded with a discussion on the 'qualities of a good teacher'. Both facilitators and participants contributed to the discussion, identifying key characteristics and responsibilities. Evaluation forms were distributed, and participants were guided on how to complete them.

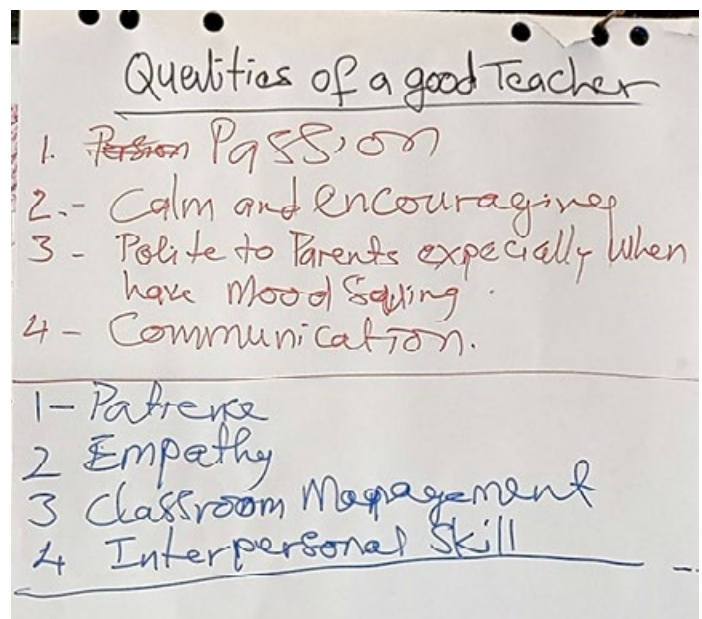
Day Three

The final day began with a reflection on the activities from Days 1 and 2. Participants revisited key lessons, and evaluation forms were collected and reviewed. The facilitators led a discussion based on participants' feedback, highlighting areas of interest and reasons for their engagement during the two days of values-based educator training.

The following topics were discussed in depth:

- What are values?
- What are qualities of a good teacher?

Participants were then encouraged to work in groups to build a 'Peace Tower.' This team-building activity was designed to foster collaboration and reinforce the value of cooperation. Each group presented their tower, and the facilitators emphasized the importance of teamwork in daily interactions with pupils.



Day 3: Qualities of a good teacher



Day 3: 'Peace Tower'

The training concluded with the 'Peace Balloon' activity', facilitated by Mr. Alhaji Kamara. Participants were asked to inflate a balloon and write on it various values that they had learned or personally upheld. They then released the balloons into the air and were instructed to catch any balloon—not necessarily the one they had released. This symbolic activity represented the sharing and adoption of each other's values in a communal spirit.



Day 3: 'Peace Balloons'

At the end of the session, participants collectively agreed to hold monthly meetings on the last Saturday of each month to continue the momentum and plan future training and activities. ✧



UNITED KINGDOM COUNTRY REPORT

ALIVE Associate: LIVING VALUES EDUCATION ASSOCIATION (UK)

Representative to ALIVE: Lynn Henshall

livingvalues.net/uk


Monthly webinars by Zoom

In 2025, our webinars continued from 6pm to 7pm (GMT or BST depending on the time of year) on the second Wednesday of each ODD month. 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.

Each webinar was approximately 30 – 60 minutes long. All the webinars have been recorded and can be watched again on Vimeo, or by visiting our YouTube Channel at: <https://www.youtube.com/c/LivingValuesEducation>

Details for all future webinars are made available on our website country report page, facebook page, or you can email: uk@livingvalues.net. ✧


Staying ALIVE!
welcome to a webinar with Helen Sayers, organised by Living Values Education - British Isles



Helen Sayers
Helen started her career in education as a science, music and sports teacher in secondary schools in Canada, England, Taiwan, Jersey and Kenya. A Board member of the Association for Living Values Education International (ALIVE), Helen has trained teachers in the LVE experiential approach in Egypt, Europe, India, Indonesia, the Middle East and Sub-Saharan Africa.

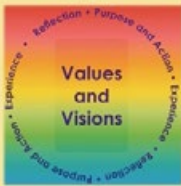
Wednesday 8 January 2025
6pm – 7pm GMT

"Working with young people can sometimes be exhausting, with endless duties and high demands, yet seemingly low returns."
Helen will join us to explore how to be relaxed, energised and efficient, easy on ourselves and full of hope, yet free from unsustainable expectations.



Living Values Education is an international endeavour that has been implemented in over 40 countries. www.livingvalues.net
For information on LVE in the British Isles: email uk@livingvalues.net, Facebook Living Values Education - British Isles


The POWER of VALUES
enabling young people to find meaning and purpose in a volatile world
welcome to a webinar with Georgeanne Lamont, organised by Living Values Education - British Isles



Georgeanne Lamont
Georgeanne is an author, mindfulness teacher and facilitator with 30 years experience of introducing practical tools and innovative, values-based strategies into schools and companies as they face a fast changing world.


Wednesday 12 March 2025
6pm – 7pm GMT

It really is time to tap into the transforming power of the vast stock of values within us. We'll explore how values provide that "x factor" and explore tools that bring values to life and give greater meaning, purpose and power for ourselves and our organisations.



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THE ROAD TO SELF-LEADERSHIP
the values way
welcome to a webinar with Neil Hawkes, organised by Living Values Education - British Isles



Neil Hawkes
Neil will share how Values and the Inner Curriculum empower children and adults to embrace Self-Leadership, for the benefit of themselves, others and our planet.


Wednesday 14 May 2025
6pm – 7pm BST

He will share aspects of his own personal journey, which demonstrate ways to nurture this transformational skill.



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For information on LVE in the British Isles: email uk@livingvalues.net, Facebook Living Values Education - British Isles


DEMOCRATIC EDUCATION MOVEMENT
another way is possible
welcome to a webinar with Derry Hannam, organised by Living Values Education - British Isles



Derry Hannam
In his 30 years on a teacher in English state secondary schools, Derry always tried to create environments where students could make choices about - and take control of - their own learning in a democratic and rights-respecting context. Currently, he is campaigning for all state schools to allocate 20% of curriculum time for self-directed learning around the concerns, interests, questions, talents and passions of the students.


Wednesday 9 July 2025
6pm – 7pm BST

Derry has been described as a 'bridge person' who tries to bring about dialogue between the mainly private - democratic education movement with its 500+ schools worldwide and state or public school systems. This has at times involved supporting democratic schools in legal actions, a role that Derry has played in England, Germany, Denmark and the Netherlands. He is currently supporting start-up democratic schools in several countries, advising them how best to work with their respective state systems.




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For information on LVE in the British Isles: email uk@livingvalues.net, Facebook Living Values Education - British Isles

World Values Day
welcome to a webinar with Charles Fowler, organised by Living Values Education - British Isles



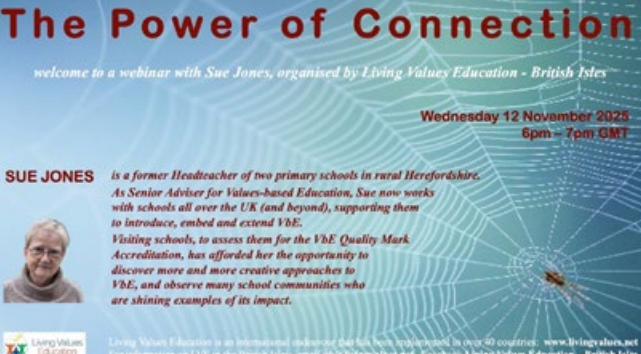
CHARLES FOWLER
chairs the Human Values Foundation, helps run the UK Values Alliance and is a steering committee member of the Global Alliance for Values-based Education. He is a project partner of the Collaborating Centre for Values-based Practice for Health and Social Care at Oxford University, and a delegate at the Values20 Group which engages G20 leaders in values-based policy-making. He is the Global Co-ordinator of World Values Day.

Wednesday 10 September 2025
6pm – 7pm BST




Living Values Education is an international endeavour that has been implemented in over 40 countries. www.livingvalues.net
For information on LVE in the British Isles: email uk@livingvalues.net, Facebook Living Values Education - British Isles

The Power of Connection
welcome to a webinar with Sue Jones, organised by Living Values Education - British Isles



SUE JONES is a former Headteacher of two primary schools in rural Herefordshire. As Senior Adviser for Values-based Education, Sue now works with schools all over the UK (and beyond), supporting them to introduce, embed and extend V&E. Visiting schools, to assess them for the V&E Quality Mark Accreditation, has afforded her the opportunity to discover more and more creative approaches to V&E, and observe many school communities who are shining examples of its impact.

Wednesday 12 November 2025
6pm – 7pm GMT



Living Values Education is an international endeavour that has been implemented in over 40 countries. www.livingvalues.net
For information on LVE in the British Isles: email uk@livingvalues.net, Facebook Living Values Education - British Isles



HUNGARY COUNTRY REPORT

ALIVE Associate: BELSO ERTEKEINKET KIBONTAKOZTATO EGYESULET

Representative to ALIVE: Zsófia Fried

livingvalues.net/hungary

Since 2020 we have contributed to 'World Values Day' (WVD). It has therefore now become easy for us! At the beginning of every year we receive the WVD topic and carry out most of our activities around this topic throughout the year. It is very exciting, because everyone has a free hand as to how they apply the topic in their activities.

This year the topic was: *Values for the Future.*

Several age groups from different parts of Hungary took part in celebrating WVD, celebrating VALUES. Their common aim was to ensure that these values (each group chose a different value) should actually be the part of our everyday life, instead of existing only in theory.

We have never ever used LVE for development within an organisation. In most organisations, development covers the improvement or refinement of values necessary for the future operation of the organisation. We know, the implementation of human values is the basis of improvement in each kind of operation. LVE is excellent for such purposes.

We would like to start our report with two things that were new.

1. The training for the staff of Huncut Lurkó Family Day Nursery

17 May 2026: Aimed at the conscious use of values lying dormant in everybody, so as to promote changing the working atmosphere for the better. According to the participants' feedback, even follow-up trainings to maintain the momentum have already started.



Cooperation – tactical discussion



Meaning of Family



Interactive session

2. The training for the full staff of an accounting firm 'iSuccess Accounting Office'

25-26 September 2026: Aimed at creating a better working atmosphere.



Activity: How much do I know my colleagues' good qualities?

Here is some feedback from the participants, about one month after the workshop.

Each of the 14 persons who responded recognised a definite change for the better in the working atmosphere, most of them described the change as excellent. The dominant values they experienced after the training were cooperation and attentiveness and even the quality of communication had improved.

They commented that the most important aspect of the training was to experience and make use of the following:

- Good teamwork, and learning about a variety of ways to help our colleagues.
- Positive attitude and support within the team.

One of the managers wrote, ***“In my opinion the training was complete. I now try now to give more space to my colleagues, taking a little step backwards in order to let them solve the problems/do the tasks themselves first. I am trying to communicate in a better way and to be more open with my staff.”***

The possibility of follow-up to the training was offered to the participants. Everybody was eager to take the opportunity, 12 of them definitely.



We will take along all these values

Both trainings were successful, as the participants asked for follow up according to the special needs of the given working areas.

Motto: "Will our future be dark or bright? It depends on us.."

For years our permanent partner in celebrating WVD has been **one of the teachers of English language in elementary school Kandó**. She has been involving more and more classes in getting acquainted with the world of values year by year. It is a special take away for the children to establish their lives. This year three English learning groups took part in the project and 33 pupils prepared the exhibition of their artistic creations.

As a speciality and new challenge, the teacher decided to continue dealing with the values chosen for WVD with the sixth class until the end of the school year. Her plan is as follows: each pupil is expected to prepare a page titled "Values" in her/his exercise book. Until the end of the school year, they will choose weekly one value from the posters they made previously. Then they will have the possibility to match an activity to the value. Next week they will discuss the experiences related to the value. At the end of the year everyone will have a list displaying the values they were dealing with. Even the teacher has chosen two values and she will continuously work with them.





*What is flexibility?
How to apply it to get to the future?*

In the spring of 2025 we started to prepare for WVD with our 4 groups which have been active for several years (**Creative Thoughts Club in Komló; Senior Club in Érd; Senior Club and Club for Parents in Dési Huber Community Center in Budapest**).

We started with visualisation. We imagined a future world and also the way of using values/good qualities of ours as from now to form a better future.



Special form of cooperation: one is reading a text, the other is illustrating its contents through movement

Five values which they considered as most important were chosen by each group.

One of the facilitators of the Komló group is the designer and caretaker of our Facebook and website. On WVD (16 October) and on the subsequent days, she daily posted a value on our Facebook page of our association, together with a picture and motto.

Creative Thoughts Club in Komló

They had also chosen 5 values which they worked with until WVD, so that they could involve the new knowledge in their lives. These values were as follows: **Cooperation, Simplicity, Respect, Tolerance, Flexibility.**

The values chosen by the **Senior Group of Érd** were as follows:

Acceptance (May), Peace (June), Respect (September), Love (October).



Values for the future conserved in “capsules”, so that our successors should not forget them!

The meeting held in October possibly had the most exciting topic (Love), as it is always a challenge to speak about love shown toward ourselves.

The values chosen by the **Senior Group of Dési Community Centre** were as follows:

Tolerance (not in terms of suffering), Cooperation, Openness, Care for each other.



Shall we act together, but how? But she is not my partner!!! At least we did it. Shall we build a castle? But with whom?

The values chosen by the **Club for Parents in Dési Huber Community Center** were as follows:

*Openness towards new things as well as in respect of people (May);
Satisfaction with life in general and own affairs (June);
Calmness – inner and serenity (September);
Simplicity – in relationships and simplicity in our thoughts (October).*

The task was to get acquainted with the chosen values in different aspects, which were important for the club members? This approach made the “research work” (workshops) on values deeper and much more specific.



How satisfied am I with myself? How much do I actually use my values in my life?



We would like to express our thanks and appreciation to everyone who contributed even the smallest assistance or involvement in any way this year to make the world better by using our values, our best part in our everyday life. ✧



GREECE COUNTRY REPORT

ALIVE Associate: SOMATEIO AKSIES ZOIS STIN EKPAEDEFSI

Representative to ALIVE: Lena Koutsika

livingvalues.net/greece

SUMMER LVE VALUES FESTIVAL AT XENOPOULIOS LIBRARY, ZANTE

Xenopoulios Library in the island of Zakynthos, also known as Zante, has hosted LVE activities and workshops since 2011 during which teachers and volunteers who are friends/members of the Library have worked with children and teenagers on values, using activities from the LVE book for children 3-7 as well as the LVE book for young adults.

In addition, an international LVE festival was organized by the members of Xenopoulios Library and other teachers and held with great success in 2014.

The 2025 summer values festival at Xenopoulios Library lasted 9 weeks and was set up and animated by Anda Katsaitou and her team of values friends at Xenopoulios Library. Each week was devoted to one or two distinct values, as follows.

1st week: Respect

Children drew faces of different colours and discussed things that unite them all to deepen respect towards different individuals and people of different skin colour and origin.



Respect activities



Tolerance activities

2nd week: Cooperation and Unity

Children were divided into groups. Each group set goals which could be achieved by its members only by means of cooperating with one another. They also formed pairs and played games in which they had to cooperate with each other in order to win.

3rd week: Tolerance

Children read a story and talked about the meaning of 'different', ending up with conclusion that it means unique and that all are different, all equal and all unique. They also made a web with their own characteristics in the form of different ropes and tried to untangle it.

4th week: Responsibility

A young man named Matheus visited the library and talked to the children about his project to go around the world on his bike, pointing out how important responsibility was for his preparation and achievement of this goal. The group discussed the tools and gadgets he would need to have with him in order to overcome difficulties and challenges. Children were divided into pairs and prepared their own suitcases, filling them with necessary things in case they decided to travel on their bikes too. They also divided various tasks in the library among them and put on responsibility ties which mentioned their duties.

5th week: Goodness

Children talked about actions of love that each of them had received in their lives from someone else. They also stuck different actions of goodness and care on a wall of goodness.

6th week: Love and friendship

Children wrote down good things and qualities about each other on cards and then wrote short sentences about things or activities that they share with friends.

7th week: Peace

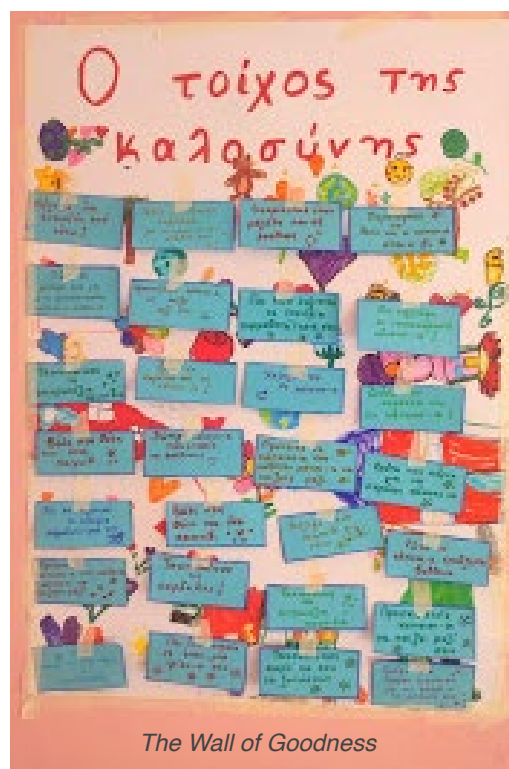
Children read stories from various countries which have similarities or common subjects and talked about the things that we all share. Then, they made or drew their own peace symbols and concluded that there are more things that we share than things that bring us apart.

8th week: Simplicity

Children talked about the simplicity of trees and mentioned the things that trees need: only sun and water. Then, they drew their own tree. There was also a discussion about how we could all make life simple and save the planet. They wrote down their ideas and shared them.

9th week: Happiness

Children played games and talked about what happiness means and some happy moments they had experienced. They then thought about happy activities and situations and wrote them up on a board. ✧



The Wall of Goodness



Simplicity activities



MAURITIUS COUNTRY REPORT

ALIVE Associate: ASSOCIATION OF LIVING VALUES EDUCATION (MAURITIUS)

Representative to ALIVE: Neeroo Gungadin

livingvalues.net/mauritius

1. Mahatma Gandhi / Rabindranath Tagore Institute Schooling Directorate

The **Mahatma Gandhi / Rabindranath Tagore Institute Schooling Directorate** runs six secondary schools, namely:

1. Mahatma Gandhi Institute Secondary School- An Academy
2. Mahatma Gandhi Secondary School - Moka
3. Mahatma Gandhi Secondary School - Nouvelle France
4. Mahatma Gandhi Secondary School - Flacq
5. Mahatma Gandhi Secondary School - Solferino
6. Rabindranath Tagore Secondary School



Meetings were regularly held with the Director of Schooling of these institutions as well as with the Heads of School.

A full day workshop, in LVE was run on 19th August 2025 for 30 Educators from the six schools and was also attended by their Heads and the Director of Schooling.

In October 2025, a two hour Awareness Session in LVE was organised with the educators of each of these schools and follow-up activities are planned throughout 2026.

2. Renewing contacts with Ministry of Education & Human Resource

A meeting has been held with the Director of the Health & Wellness Directorate which oversees values activities to discuss avenues of collaboration and we have already submitted a proposal.

3. Renewing contracts with Mauritius Institute of Education - MIE

We had a meeting with the Deputy Director and Head of Social Studies and have been offered to run LVE sessions in 2026 for the Teacher Primary Certificate, as we have done in the past.

4. Private Secondary Schools Authority - PSEA

We have met the Director of the PSEA and the President of the Federation of Private Secondary Schools and we are to submit a proposal to run LVE activities in private secondary schools.

5. New Devton and Universal Colleges

A full day workshop was organised for these two private secondary schools in December 2024 and a two hour Awareness session was organised for the Educators of New Devton College in October 2025. Follow up activities will be held in 2026.

6. Private Secondary Schools Authority - PSEA

Awareness Sessions in LVE are being organised for our members to increase our team of resource persons and a local 'Train the Teacher' (TTT) is being planned for 2026. ✧



CAMEROON COUNTRY REPORT

ALIVE Associate: CARETAKERS INITIATIVE (CARIN)

Representative to ALIVE: Patricia Ndikum Awah
livingvalues.net/cameroon

WORKSHOP ON LIVING VALUES EDUCATION AT TASSAH ACADEMY, YAOUNDE CAMEROON

Introduction

This workshop was held under very difficult conditions due to the electoral situation within the country and limitations of time with the result that instead of it being held over three consecutive days, it was held on various days between 12th October and 18th December 2025.

The workshop started with a brief history of the Association for Living Values Education International (ALIVE) and of Caretakers Initiative Cameroon. Patricia Ndikum (as the President of CARIN Cameroon and its Representative to ALIVE, former Director of ALIVE and presently Assistant Regional Support person for LVE in Africa) introduced the aim and objective of the workshop.

Our Mission is to reach out to schools, work with teachers on values education, the importance of implementing values in class and in school, to guide actions, judgements and attitudes.

Our aim and Objective were to help them become conscious of the values they possess and that of others, to discover the need for values and its importance in decision making, living together and upholding standards.

To realise this, we must train the teachers, reach out to the pupils/students and even the parents and the community. The teachers were made to understand that the workshop will be characterize with reflections, Visualization, dreaming, Discussions, quiet time, Creative exercise etc.

We pulled the teachers attention to the four pillars of education according to UNESCO. Which are:

- Learning to know
- Learning to do
- Learning to be and
- Learning to Live together

Values Awareness Greetings

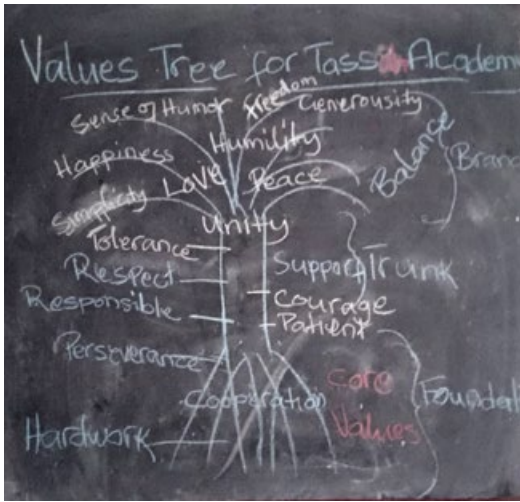
This activity gave participants a deeper understanding of values such as togetherness, oneness, interconnectedness and generosity. This activity was so exciting and gave a wonderful beginning.

Visiting Cards

Visiting cards helped participants to recognise their own qualities and observe and appreciate qualities in others. The activity created an atmosphere of belonging, warmth and friendship as participants got to know each other in an informal way, from faces, eyes and smiles.



Visiting Cards



Tree of Values for Tassah Academy



Children having 'Quiet Time'

Reflections

The participants reflected on activities geared towards discovering their personal values and values in one another. In a quiet reflexive atmosphere, some points and guidelines were proposed for the participants to work on. These included: A special moment? Who do you like most and why? How do others see me? My Favourite Music?

Quiet Time with the Pupils

The pupils were asked to observe some quiet time, during which they were asked to imagine being alone in a quiet place of their choice, perhaps their room or by the seashore, in the garden, on the mountain, ice cream shop, in the zoo, a river side etc. They were asked to close their eyes for better concentration and to reflect.

This exercise helped them to experience calm, peace, relax, relief etc. some were very excited with such a seemingly simple activity. Some were already sleeping before the end of the exercise indicating that they needed rest. However, some did not find it easy, they were carried away by distractions. Generally, it was realized that there is a need for children to have some rest, and adults too, to be at peace and to reflect for better reasoning, to recall their daily activity, class work and to study.

Creative Activities: Values Cards, Posters, Poem, Drawings Painting etc.

Pupils expressed their understanding of values through cards, posters, poems or orally.



Pupils carrying out creative works

CREATING A VALUES-BASED LEARNING ENVIRONMENT

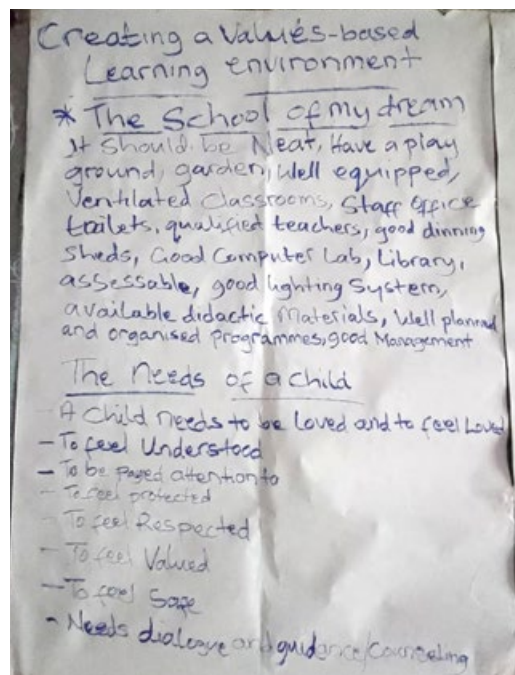
The School of My Dreams

Teachers were asked to reflect on the school of their dreams, on the needs of the child and how an ideal teacher would be. Below are some of the points they came up with.

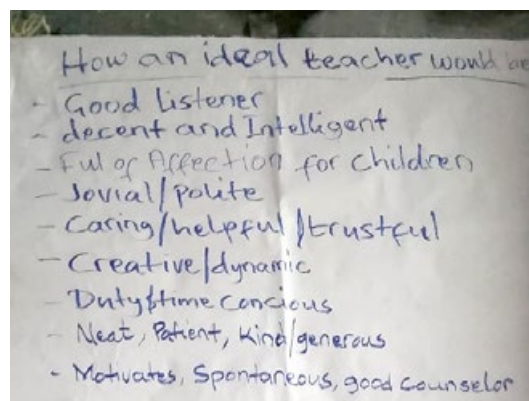
They said, it should be Neat, Have a playground, A garden, Well Equipped, Ventilated classrooms, Staff office, Toilets, Qualified teachers, good dining sheds, Good computer lab, library, assessable, Good lighting system, Available didactic materials, well planned and organized programmes, Good Management.

The Needs of a Child

- A child need to be loved and to feel loved
- To feel understood
- To be payed attention to
- To feel protected
- To feel Respected
- To feel valued
- To feel safe
- Needs dialogue and guidance (counseling)



School of My Dreams and the Needs of a Child



The Qualities of a Good Educator

The teachers also brainstormed on the qualities of a good educator. He/ She would be:

- A good listener
- Cooperative
- A model
- Courageous
- Assessable
- Gentle
- Respectful
- Tolerance
- Loving
- Open minded
- Dynamic
- Appreciative
- Jovial
- Current
- Caring
- Spontaneous
- Observant
- Patient
- Punctual
- Objective

Skills to Create a Values Based-Based Learning Environment

1. Interpersonal Skills. 'Learning to live together'

During a session on Active Listening, participants were given different topics to discuss, during which a lot of ideas and arguments arose and developed a list of some "Do's and Don'ts".

2. Interpersonal Skills. Learning 'to be'

Self talk, self-concept and self-love.

Conflict Resolution and Mediation Skills

There is no smoke without fire. If the root cause of a problem is known, it can easily be handled.

We discussed how conflicts can be solved in class as well as in school.

To help solve disputes in school, together with the teachers we came up with some mediation skills, such as:

- Be Impartial and don't take sides
- Be Tactful
- Be Objective
- Be Tolerant
- Listen attentively
- Don't shout
- Don't blame

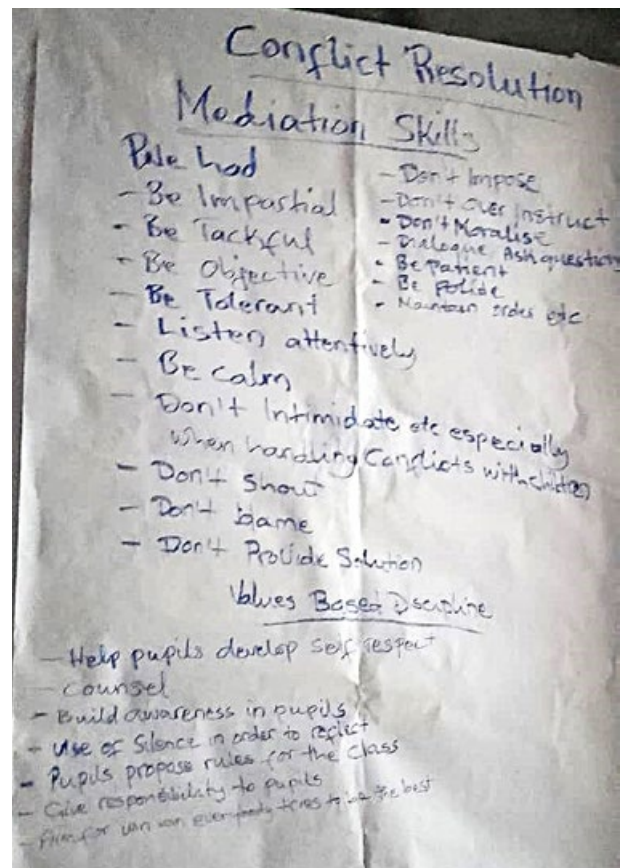
A session was also held on values-based discipline.

- Help pupils develop self respect
- Counsel
- Build awareness
- Use of silence in order to reflect
- Pupils propose rules for the class
- Give responsibility to pupils

Impact and Way Forward

We soon received reactions from pupils and parents about the change in behaviour of the children back at home. Some parents said during the closing ceremony: *"We've seen the change and it's good. This must continue."*

The children are also happy and they want us to continue with activities. It is hoped that, notwithstanding the challenging environment, teachers will be able to apply what they learnt from the workshop for the benefit of the whole school and we would like to continue working with Tassah Academy. ✧





BRAZIL COUNTRY REPORT

ALIVE Associate: CENTRO DE RAJA YOGA BRAHMA KUMARIS

Representative to ALIVE: Núbia Hübner

livingvalues.net/brazil

JANUARY

20th January: Meditation And Education For Peace - Classroom Experiences

Education must address all human dimensions: social, biological, cognitive, emotional, spiritual, etc. However, education is still largely rational and focused on content assimilation aimed at assessments. Thus, what is taught and practiced in classrooms often does not encompass the complexity of students' minds. Meditation is an important technique that supports the teaching-learning process, enhancing self-esteem, concentration, calmness, self-awareness and emotional balance.

Facilitators:

NÚBIA HÜBNER: Teacher, Pedagogue and Psychopedagogue, member of the Living Values in Education management group.

PAULO BARROS: Educator, Master in History, member of the Living Values in Education program management group and teacher at Brahma Kumaris in Fortaleza/CE.

WALDETE BAZZO: Art, Music and Meditation Teacher. Therapist. Member of the Living Values in Education management group.



FEBRUARY

17th February: Living Values in Education

UBUNTU: I Am Because WE ARE!

UBUNTU – “There is a growing need for humanity to rediscover the art of living together in harmony. The ancient African tradition of Ubuntu is an inspiring model for all people, as it is universal and can be applied across all cultures. It is a tool for living life in its fullness, in peace and harmony with everyone.” ~ Dr. Neil Hawkes, international consultant for Values-Based Education, United Kingdom.

Facilitators: LVE BRAZIL MANAGEMENT GROUP

Special Guest: HELEN SAYERS

E-book link: <https://vivendovalores.org.br/livro-ubuntu-o-espírito-da-humanidade/>

In February, we launched the e-book *UBUNTU – The Spirit of Humanity* on our website. This book, authored by Helen Sayers, was a gift from Brahma Kumaris Brazil to our LVE, with translation and editing specially prepared for us.

We also had the honor of hosting a live Zoom session with the author Helen Sayers, facilitated by our dear Paulo Barros.

“There is a growing need for humanity to rediscover the art of living together in harmony. The African tradition of UBUNTU is an inspiring model for all people, as it is universal. It is a tool for living life in its fullness, in peace and harmony with everyone.” ~ Dr. Neil Hawkes, international consultant for Values-Based Education, United Kingdom.





MARCH

From March to June, we conducted LVE Training via Zoom for educators from the Municipal School Network of Itatiba/SP, in partnership with the Itatiba Department of Education. Since 2013, this city has been receiving training and actively implementing LVE. There has been strong commitment from school administrators, particularly Social Worker Sol, who works within the Department of Education.

Teacher Janet Erbst Vilela Gonçalves' account of a Youth and Adult Education (EJA) class at EMEB Philomena Zupardo is an example of how a change in attitude when addressing a problem can generate positive results:

“The project was very valuable. With just one meeting, I realized that if I began putting it into practice in my classroom, everything could be transformed,” Janet stated.

She had a multigrade class (ages 5 and 6), in which most of the adolescent students had a history of verbal and physical aggression. However, through motivational work, reinforcement of positive attitudes, and encouraging respect among classmates and toward the teacher, the students' attitudes changed positively. Everything was transformed. Everyone participated in class and brought their notebooks to my desk for correction without me even asking,” the teacher shared enthusiastically about the change.”

Sandra Alves, an LVE volunteer in the city of Belo Horizonte, state of Minas Gerais, started a study group on values, beginning with the value of Peace. Reading, listening, and writing exercises are the methodology successfully applied by Sandra in the group. The meetings are called “Wednesdays with Wisdom.”



17th March: Living Values in Education Foundations that Support LVE Training

LVE offers educators opportunities for reflection and self-analysis regarding how they relate to themselves and to the world around them (students, parents, their own family, the environment, etc.).

Facilitator: CLEIDE ROMERO – Psychologist and Pedagogue. Joined LVE in 2002, member of the LVE Brazil Management Group and Coordinator of Educator Training.



APRIL

Quality Monday 21st April: Living Values in Education Values Education and Cultural DIVERSITY

One of the outstanding aspects of the Living Values in Education approach is that it can be applied in any cultural context. In multicultural societies such as Brazil, human values education can be practiced in a way that embraces the full richness and complexity of its unique diversity.



In this session, Paulo Barros and Nohemy Ibanez will share insights on values education within the context of teaching Afro-Brazilian and Indigenous history and culture, as well as quilombola, Indigenous, and rural school education.

Facilitators: PAULO BARROS and NOHEMY REZENDE IBANEZ – Basic Education Teacher, Bachelor’s degree in Portuguese Language and Literature (UECE), Master’s degree in Education (UFC), Coordinator at Seduc/CE for Indigenous, Quilombola and Rural School Education, and Member of the Basic Education Chamber of the State Council of Education of Ceará.



MAY

Quality Monday

19th May: Living Values in Education Environment, Education and Values

Environmental education and human values are essential pillars for building a more conscious and sustainable society. Through awareness, ethical development, and the promotion of educational practices and strategies, we can foster a harmonious relationship with the environment, ensuring the preservation of natural resources and the well-being of future generations. It is essential that all sectors of society become

involved and collaborate so that, together, we can face environmental challenges and build a fairer and more balanced future.

Facilitators: Members of the LVE MANAGEMENT GROUP with FÁTIMA PEREIRA PINTO – Student and teacher at Brahma Kumaris for 12 years and member of the Environment team. Professionally, she works as a consultant and lecturer in Corporate Sustainability, focusing on Climate Change and Carbon Emissions Management.

The use of music as a methodology for values and environmental education. Sharing professional experiences as a teacher and presenting an alternative approach by bringing music into history and sociology classes.

Musicultura Program – University FM Radio. University FM Radio of the Federal University of Ceará.



JUNE

Quality Monday

16th June: Living Values in Education Artificial Intelligence and Education: Between Answers, Awareness and Humanity

In this conversation, we will spark reflections on what we call thinking and intelligence, and to what extent computers are truly thinking and behaving like humans. More than a technical analysis, this is an invitation to observe deeply what it means to learn, think, feel, and choose.

We will explore the difference between recognizing patterns and understanding meaning, between responding and reflecting, between calculating and caring. This conversation does not offer ready-made answers; rather, it opens space for doubt, listening, and questioning the role of technology in the process of human development.

We live in a time when it is urgent to rethink our relationship with knowledge, technology, and one another. By bringing new questions to light, this conversation may help shift paradigms, expand awareness, and inspire more humane, ethical, and creative ways of engaging with the present and the future of education.

Facilitators: PAULO BARROS and DEGLAUCY JORGE TEIXEIRA – Educational Manager at Fundação Demócrito Rocha. Ph.D. and Master’s degree in Design, MBA in Game Design, Specialist in Graphic Design, Bachelor’s degree in Marketing Administration.



JULY

Quality Monday

21st July: Living Values in Education

ANXIETY and Human Values - Is anxiety an emotion? Is it a feeling?

In general, anxiety is an emotion that arises when we are facing danger. In this sense, we can think of it as a feeling that protects us, warning us that we may soon need to defend ourselves. However, when exacerbated, anxiety itself becomes the danger, as Anxiety Disorder leads a person to experience various symptoms that interfere with daily life.

Living Values in Education brings the theme of Anxiety so that together we may reflect and understand how to deal with these emotions, preventing Anxiety Disorder.

Facilitator: CLEIDE ROMERO



AUGUST

Quality Monday

8th August: Mindfulness and Meditation

Practicing to Reduce Stress and Improve Health and Well-being (Roundtable Discussion), with Paulo Barros at the Maranhão State Department of Education. Participants: 63.

Quality Monday

18th August: Living Values in Education

Rewriting Pathways: The Strength of Those Who Chose to Return to Study

In this special live session, we will talk about courage, new beginnings, and overcoming challenges. The focus is on the journey of people who decided to return to school through Youth and Adult Education (EJA) — a choice that transforms life stories and rebuilds pathways.

We will hear moving testimonies from those who faced challenges, returned to their studies, believed in their own potential, and achieved new horizons. Together, we will reflect: How can schools welcome, empower, and transform lives — restoring self-esteem and a sense of belonging through human values?

Facilitators: NÚBIA HÜBNER and ANTONIA ALVES DOS SANTOS – (Retired) teacher from the state public school system. Experience in Youth and Adult Education (EJA) as a student, teacher, and administrator. Currently a student of Raja Yoga meditation at the Brahma Kumaris School in Fortaleza.



SEPTEMBER

Quality Monday

15th September: Living Values in Education

September for Peace Campaign – Law 15,093

Article 1 – This Law establishes the *September for Peace Campaign*, to be held annually throughout the entire national territory during the month of September, with the purpose of promoting actions aimed at raising awareness and sensitizing society regarding the promotion of peace, the prevention of violence, and the defense of life. The LVE Brazil Management Group will discuss the enactment of this Law and its impact on education.

Facilitators: LVE Brazil Management Group.



In the month of September, the Brazilian government enacted the *September for Peace Campaign – Law 15.093*. We held a live session to share the news and to discuss the importance of this campaign and its effects on education.

The LVE Brazil Management Group will discuss the enactment of this Law and its impact on education.

Sandra Alves, LVE volunteer in the city of Belo Horizonte, state of Minas Gerais, bringing LVE to the students and professors of the Medicine course at the Federal University of Minas Gerais. Initial values addressed: PEACE and RESPONSIBILITY.



OCTOBER

12th October: Educating with the Heart
How to bring peace and values into the school environment.

Educating today is a challenge... Noisy classrooms. Disconnected children. Overwhelmed teachers. But what if... the classroom became a temple of values? A space of peace, listening, and growth.

Planting values where there is conflict, and offering peace where there is exhaustion.

Connect via YouTube to Brahma Kumaris Brazil at:

<https://www.youtube.com/live/Eh1qdqRLVqU?si=tqEiEMtBLiz90WuR>

Facilitators: NÚBIA HÜBNER



Quality Monday

20th October: Caring for Children's Minds and Hearts.

<https://www.brahmakumaris.org/r/bkbrasil>

Childhood calls for attention and gentleness. The importance of listening, empathy, and spirituality in childhood will be the focus of this live session, inviting reflection on how to cultivate values that strengthen peace and joy from the earliest years of life.

Facilitators:

ANA COLOMBINI – Mother, Bachelor's degree in Psychology, with specializations in Somatic Movement and Sensitive Psychology and Anatomy. Yoga practitioner, trained in Kundalini, Hatha, and Integral Yoga. Practitioner of Raja Yoga Meditation with the Brahma Kumaris. Facilitator of courses, workshops, lectures, and Hatha Yoga teacher training programs.

WALDETE BAZZO – Teacher of Art, Music, and Meditation. Integrative Therapist and member of the Living Values in Education (LVE) Brazil Management Group.

ATIVIDADE ONLINE

SEGUNDA DE QUALIDADE

Consciência que transforma: valores humanos para

cuidar da Terra

17 de novembro, segunda-feira
19h30 às 20h30

[facilitadora]
Tereza Cristina Bernardes de Carvalho

Vivendo Valores na Educação | CENTRO VIRTUAL NACIONAL | BRAHMA KUMARIS
O seu ponto de equilíbrio

AO VIVO VIA PLATAFORMA ZOOM | ID 938 0846 7812 | Atividade sem taxa fixa. Contribuição voluntária.
Senha 010624

NOVEMBER

Quality Monday

17th November: Living Values in Education

Transformative Awareness: Human Values to CARE FOR THE EARTH

<https://www.brahmakumaris.org/r/bkbrasil>

The planet reflects our choices. In this live session, we will explore the link between awareness, personal attitudes, and global sustainability, understanding how inner transformation paves the way for a more balanced and peaceful future.

Facilitator: TEREZA CRISTINA BERNARDES DE CARVALHO – Has studied and practiced Raja Yoga Meditation at the Brahma Kumaris since September 2001. Environmentalist, with a postgraduate degree in Environmental Planning and Management for Environmental Education, and facilitator of the Flow method, created by Felipe Suhre. Currently works in content creation in the field of self-development with spirituality, for both in-person and online programs.

ATIVIDADE ONLINE

SEGUNDA DE QUALIDADE

2025 em

valores

o que nos guiou e inspirou

15 de dezembro, segunda-feira
19h30 às 20h30

[facilitadores]
Grupo Gestor VIVE Brasil e Convidados

Vivendo Valores na Educação | CENTRO VIRTUAL NACIONAL | BRAHMA KUMARIS
O seu ponto de equilíbrio

AO VIVO VIA PLATAFORMA ZOOM | ID 938 0846 7812 | Atividade sem taxa fixa. Contribuição voluntária.
Senha 010624

DECEMBER

Quality Monday

15th December: Living Values in Education

“2025 in VALUES: What GUIDED and Inspired Us.”

<https://www.brahmakumaris.org/r/bkbrasil>

As this year comes to an end, we celebrate the values that accompanied us through every challenge, learning experience, and achievement.

Today, gathered for this live session, we honor these values that inspired us and prepared us for new beginnings, inviting everyone to recognize and live their very best in 2026.

Facilitators: LVE Brazil Management Group and Guests.

~

Love, gratitude, peace, and generosity were our compasses, guiding our attitudes, choices, and relationships.

~



MALDIVES COUNTRY REPORT

ALIVE Associate: TINY DROPS

Representative to ALIVE: Aminath Ismail

livingvalues.net/maldives

Empowering Hearts and Minds: Living Values Education in the Maldives

Since 2012, **Living Values Education (LVE)** has grown into a vital force for positive change in the Maldives. Amid rapid social, behavioural and political transitions, the Living Values Education Approach helps children, youth, parents and educators build emotional resilience, positive values and conflict resolution skills.



LVE workshop for adolescents

Through voluntary outreach, capacity building and strong partnerships, LVE is now a household name. Over **40,000 people** — students, parents, teachers, youth and island communities — have participated in small-group sessions, workshops and school-based activities.

The four core programmes continue to deliver impact:

- **Values-Based Youth Activities** — empowering adolescents with leadership, emotional well-being and digital citizenship
- **Values-Based Parenting** — equipping families with tools for harmony and positive discipline
- **LVE Train-the-Educator Professional Development Courses** — enabling educators to create respectful, caring classrooms
- **Values-Based Education for school children** — nurturing values from early years

These efforts were amplified through strategic collaborations with local schools, NGOs, government entities (e.g., Ministry of Education), and international partners. Programmes emphasized experiential activities to foster six core values: **peace, respect, responsibility, love, honesty and cooperation** — plus empathy and active listening — perfectly aligned with national goals for inclusive, character-focused education.

Strong Policy Alignment

President Dr. Mohamed Muizzu, the current President of the Maldives (as of March 2026), has consistently emphasized the critical role of education and upbringing in instilling core values to the education system. In his 2026 Presidential Address and related remarks, the President pledged to prioritize education as a foundation for national development, announcing initiatives like the national **"Bingaa" programme** to be implemented across all schools to foster a generation grounded in responsible behaviour, healthy habits, discipline, and traditional values — directly addressing societal behavioural challenges and ensuring future citizens uphold values. This commitment aligns closely with the principles of values-based education by focusing on character building, moral upbringing, and social harmony, which resonate with LVE's emphasis on respect, cooperation, empathy, and conflict resolution.

While the manifesto and administration highlight broader education reforms, the President's repeated calls for nurturing children through values-centred education and upbringing reflect a strong implicit support for programmes that promote ethical and cultural grounding in schools and communities, positioning such efforts as essential to building a resilient, unified Maldives.



The President of Maldives has given a policy commitment for Values Based Programs in the Maldives

Tiny Drops being the focal point of Living Values Education has merged its work plan in alignment for this policy commitment to bring a ripple effect of the LVE programmes in future.

Programme Highlights and Collaborations

Significant progress was made by partnering with diverse stakeholders to deliver targeted, community-embedded initiatives.

2025 Highlights & Real-World Impact

Youth Programme

Interactive sessions for grades 8–10+ built resilience against urban pressures and social media. Fifty officers from Maldives Police Services personnel were trained as facilitators. Participants gained confidence and better conflict resolution skills.

Parenting Programme

Fifty-two parents in greater Malé explored family harmony, positive discipline and modelling values through reflection and role-play, thereby strengthening bonds and reducing tensions.



Educators planning a parenting event

Educator Training

Workshop held in June 2025 trained 12 participants from government, police, law firms and communities in collaboration with Emunah Consultancy. Teachers learned to integrate values into daily lessons, creating safe, inclusive environments for students aged 3–18.

Workplace Programme – Hospitality

A one-day session reached **103 staff** at Hulhulé Island Hotel outlets (in partnership with Airport Company). It was focused on teamwork, respect, empathy and workplace harmony in diverse resort teams, resulting in greater self-awareness and confidence across all levels.

Broader Reach Programmes

These programmes extended to remote atolls via local NGOs and Ministry partnerships. Challenges of remote access and resources were met with stronger Ministry collaborations and culturally adapted activities, so also ensuring sustainability.



Values-based Session for island focal points

Looking Ahead

Plans include expanding trainer networks, piloting digital modules and nationwide scaling.

The ALIVE Associate remains dedicated to supporting the Maldives' vision of responsible, values-driven citizens.

Thank you to all partners, volunteers and participants. Together we build a society of respect, peace and shared humanity. ✧

LIVING VALUES EDUCATION ONLINE TRAINING CENTRE (OTC)

Email: distance@livingvalues.net
livingvalues.net/distance

ROLE AND OVERVIEW OF LVE ONLINE TRAINING CENTRE

Widening the reach of Living Values Education globally is our primary focus. To this end, we must recognise that there are 195 countries in the world, and even within each of the current 20 or more countries where there is an ALIVE Associate of Focal Point for LVE for that country, it must always be possible for people to attend LVE Workshops and training seminars with the least possible time, travel, or cost.

Therefore, like other educational organisations we provide online access to Living Values Education, LVE Approach and LVE Distance Online Courses managed by the LVE Online Training Centre (OTC).

2025 - Activities Managed By The OTC:

1. VbA Online Course XP
2. DFT Online Course XP
3. DFT (independent internet access and computer not required)
4. DFT Refresh
5. VbA Int Language – Indonesia – 2025/26
6. LVE Alumnae
7. Philippines College/University DFT XP
8. LVE Study Groups – DFT Level 1, Part 1 & 2
9. LVE Mentors – DFT Level 4
10. OTC Working Groups
11. LVE Marketing – Resource Development and Promotion
12. LVE Website Overview

OTC is established with a twofold purpose

1. OTC plans to extend the availability of LVE resources, activities products both within the existing ALIVE network and into countries outside the network, where individuals and educational organisations want to learn, embrace and deliver the LVE Approach within their communities.
2. ALIVE Associate personell and Focal Points for LVE who have undertaken the Distance Facilitator Training and are themselves certified in the DFT Course, including mentorship training, may be eligible to extend and manage OTC Online Courses in their respective country and provide OTC/Distance certification.

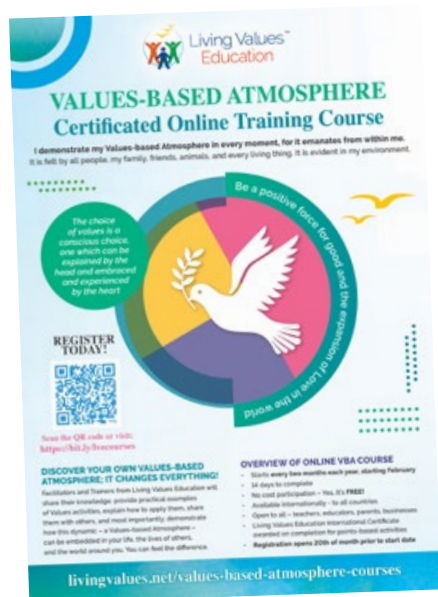
Structure

The **LVE ONLINE TRAINING CENTRE (OTC)** is the Administration for DISTANCE ONLINE COURSES managing the international outreach of the LVE Approach both in countries where there are ALIVE Associates or Focal Points for LVE, and in countries where currently there is no Associates or Focal Points.

The LVE Distance Online Courses are managed by an authorised ALIVE Associate or Focal Point or by the LVE Online Training Centre.

ONLINE LIVING VALUES EDUCATION VALUES-BASED ATMOSPHERE CERTIFICATED TRAINING COURSES

Launched August 2024



Discover the beauty of a Values-based Atmosphere; it changes everything...

The values I live by define who I am, what I stand for, and my purpose; they provide a continuous opportunity for change and growth, and create an atmosphere around me.

My values emanate from within me at every moment and can touch my family and friends, all people, animals, and every living thing. When I live by my values, this can create a Values-based Atmosphere.

The choice of values is always a conscious one, which can be explained by the head, embraced, and experienced by the heart.

Welcome to Living Values Education Values-based Atmosphere – Certificated Training Course

Here, Living Values Education Facilitators and Trainers share their experience, provide practical examples of Values activities, explain how to apply them, share them with others, and most importantly, demonstrate how this dynamic of creating a Values-based Atmosphere – can be embedded in your life, the lives of others, and the world around you.

~
A Values-based Atmosphere – You can feel the difference.
~

- Join the VbA Online Course offered every two months, year-round. Reservations open on the 7th. The course starts on the 14th and closes 21 days later.
- Available internationally
- Independent activities at your own pace.
- No cost to participate
- Available to all

What people say....

"This online course has been a truly transformative experience for me. The LVE Values-Based Atmosphere framework has provided me with a powerful lens through which to understand and navigate the complexities of human interaction."

"I highly recommend this course to anyone seeking to enhance their understanding of human values and their impact on our interactions. It is a valuable resource for personal and professional growth, and I am confident that the principles I have learned will continue to guide me in my journey toward creating a more values-based world."

"The course materials were engaging and insightful, offering practical tools and strategies to foster a more positive, values-driven environment. I particularly appreciated the emphasis on self-awareness and on aligning our actions with our core values. The exercises and activities encouraged deep reflection and helped me to identify my own personal values and how they impact my interactions with others."

"The course's focus on creating a culture of respect, empathy, and collaboration resonated deeply with me. I am now better equipped to build stronger relationships, resolve conflicts constructively, and create a more harmonious and fulfilling work environment."

"A Values-based Atmosphere is essential to creating a positive, respectful learning environment. When we focus on values like respect, honesty, kindness, and responsibility, students feel safe and supported. This type of environment helps students learn how to act with good character and make good choices. For teachers, it's a chance to show what strong values look like. With a values-based atmosphere, we go beyond just teaching subjects; we help students grow into good, caring people. Thank you for this opportunity!"

ONLINE LIVING VALUES EDUCATION DISTANCE FACILITATOR TRAINING (DFT)

Launched September 2025

What will you gain?

- ✔ Personal transformation through Self-Reflection
- ✔ Practical skills in facilitating values-based education
- ✔ Free Access to all LVE Resources and materials
- ✔ Certification & credibility as an LVE Distance Facilitator

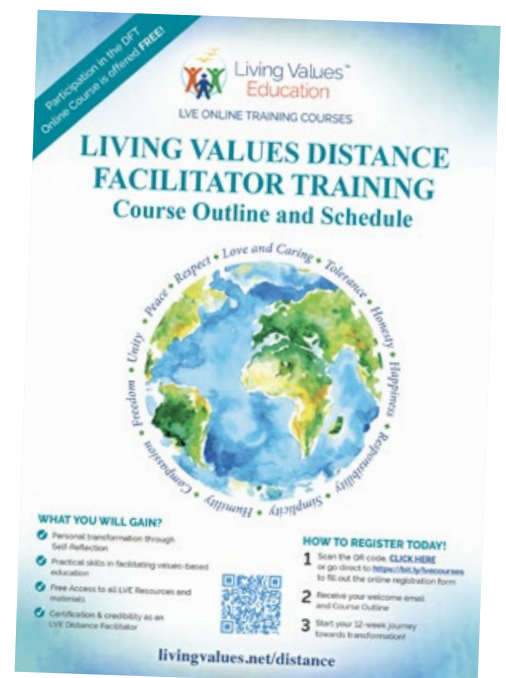
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The combination of each aspect of the DFT Online Course is designed to ensure that through your own personal experience you will be fully equipped on finalisation of the training to be an LVE Distance Facilitator.

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What's expected of participants?

- ✔ Honesty, sincerity, momentum, responsibility
- ✔ Required materials – notebook, internet access
- ✔ Time commitment, and conclusion within the 12 week time frame
- ✔ Honest level of participation and writing of reflections; engaging in LVE Values activities
- ✔ Responsive answers to questions posed for gathering points



The Opportunity

- Through your sincerity, honesty and commitment, discover how your life can be improved.
- Understand in practical terms, the essence of 'Living in our Values'.
- Understand the background to LVE, the history and working structure of ALIVE
- Learn how to use LVE resources incl. the website and LVE age activity training books.
- Prepare an agenda with LVE information and activities to deliver a quality presentation.
- Use your acquired skills as a facilitator for an LVE workshop or study group.
- Become an ambassador and a role model for Living Values Education.
- Be considered to join as a Mentor with the LVE Online Training Centre to assist others.

Your LVE 12-week Online Distance Facilitator Training Course Schedule and Outline

'Sincerity, Honesty and Commitment'



LIVING VALUES EDUCATION MODEL SCHOOLS: THE LIVING VALUES EDUCATION APPROACH

- For schools seeking to have students and faculty grow together in a **Values-based Atmosphere.**
- **Module of Participation negotiable – Modules One, Two and Three.**

For whole schools that aspire to become a Living Values Education (LVE) Model School, we provide guidelines for schools to implement the Living Values Education Approach effectively, maximising benefits for students, teachers, and the school community.



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Those schools seeking to add a new dimension to both their faculty and student body can see the immediate effects of the LVE Approach when Values Awareness becomes the benchmark for whole-school behaviour.

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ALIVE and its Associates provide educational training packages for teachers, administrators, and LVE educational resources, including books, display materials, evaluation, and innovative inter-student mentoring programmes.

WIDENING THE REACH: REACHING AND SUPPORTING THE WHOLE COMMUNITY

Living Values Education recognises that it is entirely impractical for most of the world's population to attend workshops and participate in organised Living Values Education activities due to cost, time, and travel requirements. Through this Distance opportunity, Living Values Education encourages and extends **Living Values Education Distance Online Courses** to individuals, families, and communities.

It is 25 years since Living Values Education birthed a new educational opportunity for people to change their lives. Now, a new way of being part of that discovery is open to everyone, allowing all of us to make a difference in our lives and the lives of those around us. Here is a brief introduction to what we've been building over the past several years:

- Distance Online Courses are stand-alone Living Values Education Courses that can be engaged by anyone, anywhere.
- Courses do not rely on trained facilitators or workshop attendance.
- Courses are self-structured with no time conditions (except when engaging the facilitator training).
- Living Values Education OTC provides the Distance Helpline – Email: distance@livingvalues.net
- All materials may be translated for local use.
- There is currently no cost to the Distance Courses. A minimal registration fee may be charged in the future.
- For all Facilitator Training activity Module Two and Module Three, an LVE Mentor is provided for evaluation for the LVE certification. ✧

Full details of all projects are available upon request
Email: distance@livingvalues.net

UPCOMING EVENTS...

This section deals with significant Living Values Education International events in countries around the world proposed or in planning for 2026.

Full reports on the outcomes will feature in the end-of-year book.

Further information and contact details of the countries can be found on our website: www.livingvalues.net/countries



LVE VbA Zoom Get Togethers

To be held every 6 weeks

Living Values Education invites everyone to join our regular "Get Togethers" with facilitators Toral and Shweta.

A new Value is discussed at each meeting. It's all about sharing our personal journey as Values Facilitators and inviting conversation.

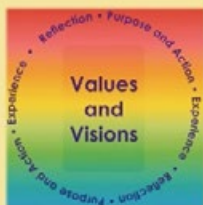
For up-to-date information on times and login details (as these change each meeting), visit one of our [facebook pages](#).

We are limited to 100 participants. The event is also recorded and added to our [YouTube channel](#).

The POWER of VALUES

enabling young people to find meaning and purpose in a volatile world

welcome to a webinar with Georgeanne Lamont, organised by Living Values Education - British Isles



Wednesday 12 March 2025
6pm - 7pm GMT

Georgeanne Lamont

Georgeanne is an author, mindfulness teacher and facilitator with 40 years experience of introducing practical tools and innovative, values-based strategies into schools and companies as they face a fast changing world.

It really is time to tap into the transforming power of the vast stock of values within us. We'll explore how values provide that 'x-factor' and explore tools that bring values to life and give greater meaning, purpose and power for ourselves and our organisations.



Living Values Education is an international endeavour that has been implemented in over 40 countries. www.livingvalues.net
For information on LVE in the British Isles: email uk@livingvalues.net, Facebook [Living Values Education - British Isles](#)

LVE UK presents Bi-monthly Online Webinars

Second Wednesday of Every Second Month (starting January), 6pm - 7pm (UK timezone)

Living Values Education conduct bi-monthly webinars introducing our core principles and offering inspiration to those who are new to LVE. A new topic is discussed every month, each with a different presenter.

For up-to-date information on topic and login details (as these change each month), visit one of our [facebook pages](#), or email: uk@livingvalues.net.

In case you miss them, or simply want to rewatch, the event is also recorded and added to our LVE [YouTube channel](#), or search for "LVEBI" on Vimeo.



Living Values™
Education

SUPPORT LIVING VALUES EDUCATION

The need for a greater focus on the values that we live by has perhaps never been greater. As these reports have clearly shown, the Living Values Education Approach continues to offer a way for learners of all ages and walks of life around the world to engage with values in a meaningful way, both in a structured, formal education setting and in a variety of other contexts, including in communities, businesses and at home.

Since its formation in 2004, the development, advancement and implementation of LVE and the LVE Approach has been overseen by the Association for Living Values Education International (ALIVE), a non-profit-making association of organisations around the world concerned with values education. ALIVE groups together national bodies (or Associates) promoting the use of the LVE Approach and is an independent organisation that does not have any particular or exclusive religious, political or national affiliation or interest. LVE continues to be part of the global movement for a culture of peace following the United Nations International Decade for a Culture of Peace and Non-violence for the Children of the World.

In seeking to make the opportunity to engage with values and values education as widely available as possible, ALIVE has always had a strong spirit of volunteerism and many LVE personnel have dedicated countless hours, on a completely voluntary basis, to running LVE professional development courses, values workshops, the development of new materials and much more. Over the years, the development and implementation of LVE has been supported by a number of organisations, including UNESCO, governmental bodies, foundations, community groups and individuals, to all of whom ALIVE is deeply grateful.

Thanks to such support and the selfless dedication of many volunteers, costs are significantly lower than they would otherwise be. Nevertheless, ALIVE inevitably incurs some costs and, at the same time, has always sought to support its Associates and the Focal Points for LVE around the world, in particular in countries and for people where economic constraints create a barrier to their access to LVE and LVE events and activities. We would warmly welcome your support of our work, whether at an international level or in for a particular country or area. Donations may be made to our bank account as below:

Beneficiary name:	Association for Living Values Education International
Bank:	UBS Switzerland AG, Case Postale, 1002 Lausanne, Switzerland
SWIFT/BIC Code:	UBSWCHZH80A
IBAN:	CH100024324333973740Q
For credit to:	Association Living Values Education Int.
Account Number:	0243-339737.40Q



ASSOCIATION FOR
Living Values™
Education
INTERNATIONAL



ABOUT LVE AND ALIVE

Living Values Education (LVE) embodies a comprehensive approach to values education and is a way of conceptualising education that promotes the development of values-based learning communities and places the search for meaning and purpose at the heart of education.

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LVE emphasises the worth and integrity of each person involved in the provision of education, in the home, school and community.

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In fostering quality education, LVE supports the overall development of the individual and a culture of positive values in each society and throughout the world, believing that education is a purposeful activity designed to help humanity flourish.

The Association for Living Values Education International (ALIVE) and its Associates and Focal Points provide:

1. Professional development courses, seminars and workshops for teachers and others involved in the provision of education, with particular regard to values-based education.
2. Classroom teaching materials and other educational resources including resource books containing practical values activities and a range of methods to help children and young adults to explore and develop widely-shared moral values. The approach and lesson content are experiential, participatory and flexible, allowing – and encouraging – the materials to be adapted and supplemented according to varying cultural, social and other circumstances.
3. Consultation on the creation of values-based learning environments and the teaching of values.
4. An extensive website (www.livingvalues.net) with materials available for downloading free of charge and a wide variety of opportunities for distance or online learning. ✧



ASSOCIATION FOR
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www.livingvalues.net