



Living Values™
Education



ALIVE in Asia

Sri Lanka – May 2023

A Summary of Recent LVE Activities in Asia

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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FOREWORD

By Christopher Drake

President

Association for Living Values Education International



Welcome!

The Association for Living Values Education International (ALIVE) is delighted to extend a warm welcome to all participants in the series of events marking the launch of The Living Values Education Approach in Sri Lanka!

As well as the formal launch taking place on **Tuesday 23rd May 2023** we will also be holding two **LVE Train-the-Educator professional development workshops**. One is for Sri Lankan primary school teachers wishing to make values-based education the hallmark of their schools and the other for government university career guidance counsellors seeking to ensure that graduates about to enter the workforce do so with a clear foundation of values and ethical business practices. Each workshop will last for three days and be run by an experienced team of LVE trainers from around the Asia-Pacific Region who bring with them decades of experience of working with the Living Values Education Approach in schools, communities and other settings.

Joining hands with the local team in Colombo, we extend a special welcome to participants travelling in from eleven other countries: **Australia, Cambodia, China, India, Indonesia, Maldives, Myanmar, Nepal, Philippines, Singapore** and **Vietnam**, and in the following pages of this booklet you will find inspiring reports on recent LVE activities in many of them.

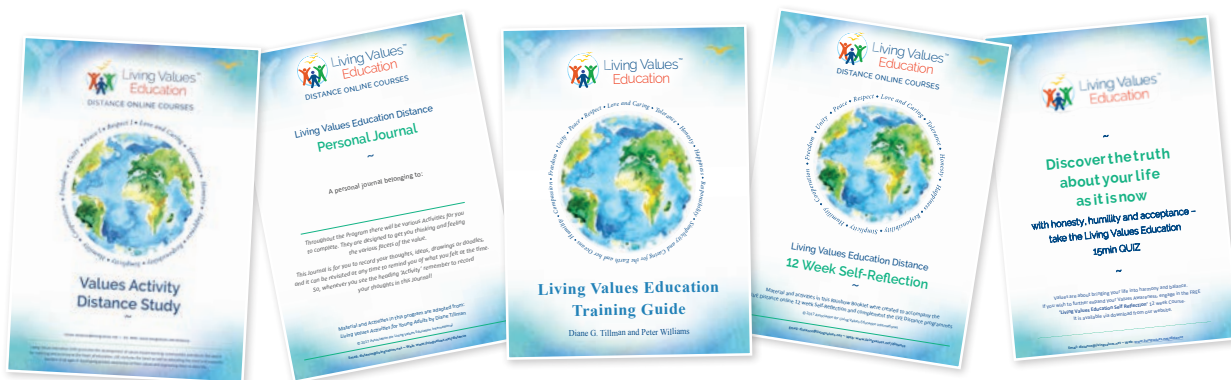
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The last few years have taught us not to take for granted the opportunity to be able to gather together as we now do, exchanging ideas, hopes and wishes for the future.

~

While values are best expressed, experienced, shared, lived and learned about in person, technology, used well, can be a wonderful educational tool, helping bridge distance and divides and making learning opportunities available in circumstances when they might not otherwise be.

ALIVE Distance Courses have proved themselves to be of particular relevance and benefit of late and offer guidance and content to facilitate personal reflection on the values that each of us, whether or not an educator, find most important in our lives. Materials and structured sessions, tailored for educators and for those wishing to run workshops on values in their community, are offered with the guidance of experienced mentors.





ALIVE, LVEC & DMP Project, Vietnam

Furthering our involvement with Distance, ALIVE is now partnering with a Vietnamese counterpart to develop a technology-enhanced digital learning model based on LVE materials and while we will continue with our flagship in-person professional development workshops around the world we see this project as a great example of the wonderful potential in online and distance learning.

This series of events in Sri Lanka has been some time in the making and earlier plans, as with many others, were put on hold during the past few years. Since then, the need for a human-centric and values-based approach to today's concerns and problems, be they local or global, has only increased. These great challenges require us to respond with great thinking and action, infused with time-honoured shared values that not only transcend boundaries but also bring us closer together as fellow humans, reminding us of our common humanity. In a world which often seems to have lost its way, undermining our well-being, if not threatening our survival, we must embrace change in the way we do things, the way we think, feel and act, paying attention and making effort to ensure that, in everything we do, we always express values such as love, peace, respect, honesty, care and responsibility.

~

A life lived on the foundation of such values is a life of meaning and purpose and it is exactly around this, and how we can make it happen, that our time together will revolve.

~

We are most grateful to the Sri Lankan Ministry of Education and the Career Guidance Unit of the University of Sri Jayewardenepura for their support of LVE and, in particular, to the Centre for Children's Happiness, our wonderful host, local organiser and ALIVE Associate in Sri Lanka, for putting the events together and inspiring us all with the vision of a values-based Sri Lanka. Finally, we thank you all for your interest in LVE and presence here and wish you a wonderful week as, together, we explore, express, cultivate and celebrate the values that define us as human beings and of which our world is so much in need.

May values guide us on our way ahead and be a constant source of inspiration and nourishment. ✧



INDIA COUNTRY REPORT

Focal Point for Living Values Education: Indu Gupta

A SNAPSHOT OF LVE INDIA IN 2022-23

1. Five DFT accreditations in 2022
2. Conducted TTE of 17 participants mainly teachers, NGO representatives, entrepreneurs etc.
3. LVE facilitators conducting values session with each other to build their confidence and bond with each other post TTE – 12 sessions (offline & online)
4. Workshop for parents of pre-schooler at Pitter Patter Pre-school, Goa
5. International Montessori teacher training institute and Pitter Patter Pre-school, Goa adopted LVE.
6. Several half day LVE workshops conducted by Helen Sayers with LVE facilitators & aspirants.
7. Introduction of LVE in Banyan Tree Project, Bookworm Library, Nirmala Institute, Goa and Manipal Institute of Banking, Bangalore.
8. LVE activities with a group of six class XII students of Don Bosco School, Goa

DFT Accreditations

In 2022, five DFT participants were accredited as Distance facilitators on completion of the course.

Train the Educator (TTE) Workshop – 22 September, 2022

17 participants attended a two days TTE organised in Coconut Groove Beach Resort, Goa on 22nd September 2022.

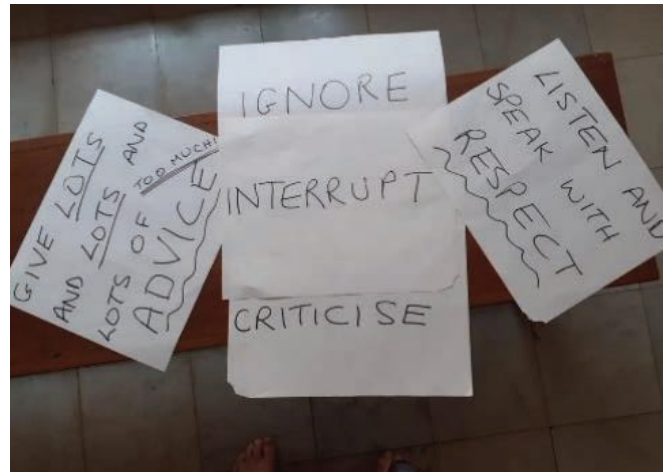
Taka Gani, a very experienced LVE trainer conducted the training. All the participants took back home lots of lovely memories and inspirations to work on LVE with their respected target group.



Capacity building of LVE facilitators post TTE

Although the majority of the LVE facilitators were DFT-accredited or had gone through Level one of the distance course we understand that it is important to invest continuously in oneself to go deeper into values. Therefore, the LVE facilitators were guided to conduct values sessions with each other by taking rounds in facilitation, more so to have confidence in facilitation and to bond with each other before doing LVE sessions with their target groups. The facilitators are divided into three zones- Mumbai, Goa and Bangalore. Six offline sessions were conducted in Goa and 3 online sessions in each of Bangalore and Mumbai in September 2022.

Helen Sayers, a senior LVE trainer and director of ALIVE also conducted several half day workshops with the LVE facilitators of Goa on her visit to India.



Workshop with the parents of preschoolers at Pitter Patter preschool, Goa

A workshop with the parents of pre-schoolers at Pitter Patter preparatory pre-school was organised by LVE facilitators. The parents were introduced to LVE and then a small session of discussion, activities and projects that they could do with their children at home was conducted in which they were asked to record the activity and send the report back to the facilitators. The parents enjoyed the workshop, mentioned that they are looking forward to more such workshops and were happy to report on the activities. The facilitators received beautiful videos on the values of Happiness, Love and Respect.

Introduction of LVE in several institutions

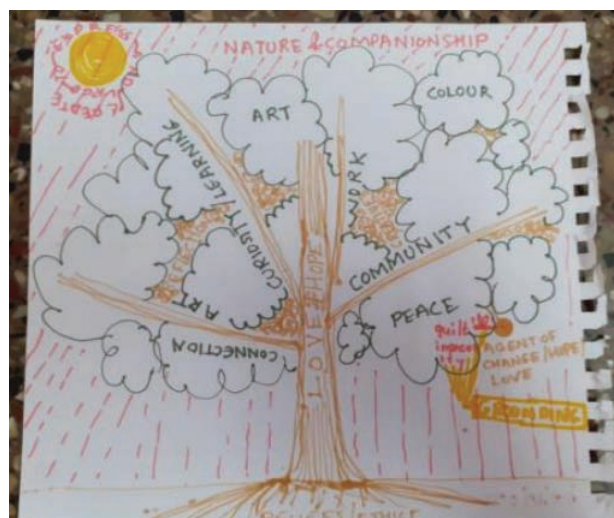
The motivation of LVE facilitators in Goa led them to introduce LVE in the Banyan Tree Project, Nirmala Institute – a teacher training institute, International Montessori teacher training Institute. Helen Sayers also organised a half day workshop with the Bookworm Library in Goa.

LVE was also introduced to 1,000 young bankers doing a post-graduation diploma in banking in Manipal Banking Institution, Bangalore.

~

*'Our vision is to inspire and develop a love for reading as a way of life,
nurturing humane engagement in every girl and boy.'*

~



Melcom, Bookworm Library

Adoption of LVE by Pitter Patter Pre-school and International Montessori Teacher Training Institute, Goa.

The owner and all three teachers of the Pitter Patter Pre-school and International Montessori Teacher Training Institute are accredited LVE facilitators and now incorporate values activities in their classroom – one value each month.

The following is a report of monthly values activities run by teachers of both the institutions:

JULY: LOVE

- ~ We introduced LOVE, self-love as we started our concept on how to take care of the body, cleanliness and good eating and healthy habits.
- ~ July is the celebration of Grandparents Day and loving the elderly can be done in very simple ways that children can practise every day such as by being kind to others.

AUGUST: RESPECT

- ~ We introduced RESPECT. Our concept was about the family. Learn to respect everyone as an individual by listening to them.

SEPTEMBER: SHARING

- ~ We introduced SHARING. Our concept was about Our Community Helpers. This also pertains to our friends or neighbours around us. We explained how to share by giving what we have, especially if it is food (a simple way of sharing for pre-schoolers).

OCTOBER: RESPONSIBILITY

- ~ Workshop with parents
- ~ How monthly LVE has been taught at school
- ~ We introduced RESPONSIBILITY. We were able to conceptualize a tea party set up for the children as we have given them a responsibility on table set up. Each child has to place a utensil on the table as they wait for their turn to set up their own place. They learned how to be responsible for their own action as waiting and placing everything is a process that makes them understand how to be helpful at home. This is also one of our Montessori everyday life practices taught with them.

NOVEMBER: HAPPINESS

- ~ We introduced HAPPINESS and were able to share with the children by taking them on a field trip. Happiness and satisfaction were on their faces as they were able to witness the lives of other people working in shops. Our concept was '*Our Neighbourhood*'. They learned new things outside the school premises. They were happy to spend the day with their friends and teachers.

DECEMBER: PEACE

- ~ We introduced PEACE. We celebrated Christmas at a party with parents and students. We found peace and comfort with everyone. We all exchanged and gave gifts as well. But most of all we were able to celebrate the season of Christmas with peace and joy in our hearts.

JANUARY: SIMPLICITY

- ~ We introduced SIMPLICITY. We had a programme of '*Show and tell*' with the concept of '*Little Explorers*'. This taught them simple things including awareness and enjoying the nature around them.

FEBRUARY: HONESTY

- ~ We introduced HONESTY. We had our family Sports Day event at Big Foot Loutolim. We had fun family games and races for the children. Honesty creates trust and everyone learned to help each other to have the same goal of winning.

MARCH: TOLERANCE

- ~ We introduced TOLERANCE. This was the final month of the academic year in which they learned and practised Living Values in the school and shared at home. Tolerance grew within them by respecting and understanding their own self. These children developed self-confidence and self-love. They are happy because they gained friends. They are more respectful and learned how life can be simple.

LVE activities in Don Bosco School, Goa

One of the distance facilitators, a senior secondary teacher in Don Bosco school- Goa conducted 2 LVE activities with a group of 6 students of class XII.

The first activity was on love:

The activity of singing love songs was taken and lyrics of the songs were analysed. The students enjoyed it thoroughly especially analysing the lyrics. During the activity love between brothers, mother, daughter, loving the environment was also looked into.

The second activity was on peace:

The activity was closing eyes, maintaining silence and then each revealed their understanding of peace. This activity helped to form a closer bond and understand each other well as well as respecting each other.

With Living Values Education, the journey gets emotional, joyous and bumpy and it was nice to see students enjoying it. But as the year progressed, it wasn't possible to have any more activities due to syllabus completion and their exam schedule.

For the next academic year, I intend to go through more materials for myself, as every batch of students is different. I also would try to be a role model for my students. With students, every year, I realised I would need more patience and an attentive ear. Standy Braganza, Distance facilitator. ✧

ACTION PLAN FOR THE FUTURE

We plan to conduct a TTE and TTT by the end of 2023. The Zone wise plan of facilitators is given below.

Goa

1. LVE facilitators will continue monthly/weekly values activities session.
2. Values activities with the women of Banyan tree Project.
3. LVE sessions in Schools.
4. Conduct LVE sessions with children during holidays at the Peace Cottage, conduct LVE sessions for other groups (like, mothers, youngsters and others) wherein DFT level 3 participants can also get a study group for completing DFT level 3 to get an experience of facilitation.

5. Continued LVE Sessions in Pitter Patter Pre-school and International Montessori Teacher Training Institute.
6. LVE activities in Don Bosco School.

Mumbai

1. LVE facilitators will continue monthly/weekly values activities session.
2. Introduce LVE to known groups of people, conduct value activities with pre-school teachers, students and parents, help those who want to take the Distance facilitator training Course.

3. Plan an online session monthly for parents to introduce one value and guide them to apply the value in their personal & professional life.
4. Workshops for young adults on understanding and nurturing core values.

Bangalore

1. LVE facilitators will continue monthly/weekly values activities session.
2. Values activities with parents group Bangalore.

i) The Banyan Tree Embroidery Project is a call to women and girls in Goa and beyond, with the aim of celebrating skills and hidden creativity. Having the potential to grow just like the banyan tree, which is the national tree of India symbolising strength and eternal life, the project invites you to embroider a piece of fabric 7 inches by 5 inches depicting an aspect of nature found in the tree. In India the needle and thread always had a place in ancient societies where the needle was a symbol of unity and strength. When women come together to stitch they not only preserve something valuable from the past they help create a strong and beautiful future. Focusing on the craft is helping to awaken and nourish inner resources and so provide a basis for good health. In this way the project also demonstrates the healing and therapeutic aspects of the craft. This can surely be a boon in this day and age when stress levels can rise high.



CAMBODIA COUNTRY REPORT

Focal Point for Living Values Education: Sambo Tey

March 2022

In March 2022, we conducted training for educators, teaching staff and management team at Pannasastra International School main campus in Boeng Keng Kang, Phnom Penh.



Opening remarks



Role play



Group work: A tree of value

We also conducted training in Cambodia for educators, teachers and staff members of an organisation called 'Empowering Youth in Cambodia'.



Mind Mapping: Impact of a value on self, family and community



Cooperation Game



Value activity on Happiness: "I feel happy when..."

August 2022

We conducted training for educators at Pannasastra International School Sen Sok campus, Phnom Penh.



*Teaching Practice:
Group discussion "Hands are for..."*



*Love cake made
from natural materials*



*Teaching Practice:
Collaborative drawing*

September 2022

We conducted training for educators at Pannasastra International School Chbar Ampoy campus, Phnom Penh. ✧

Right: Cooperation Game



Preparation for teaching practice



Teaching practice: Responsibility lesson for young children



INDONESIA COUNTRY REPORT

ALIVE Associate: Yayasan Kuruna Bali

Representative to ALIVE: Taka Gani

Foreword – Sure it's been tough, yet...

In 2020 Karuna Bali Foundation was offering its values-based programme for financially challenged young people, had classrooms filled with young students embracing the KB brand of English language classes, and a variety of multiple-day workshops. Then it all ceased. Covid precluded all these activities and yet the Associate of the Association for Living Values Education International in Indonesia did not slumber; it turned inwards using this unique opportunity to capacity build within the KB Team.

We are pleased to share excerpts from the latest Karuna Bali newsletter which could be called simply, '*Awakening*'.



Covid has taken quite a toll in Bali. People were taking to the streets to sell various items, selling their cars, borrowing from the bank to eat and, as you can imagine, when that goes on for an extended time it creates a lot of stress and hardship; we were really surprised by the degree of pain and suffering. The people are so relieved to have tourism coming back in numbers again.



KB as an organization was stretched at times with work from home rules. In the end, it was decided to pause outside activities for a year (July 2021 - July 2022) and invest in team training and capacity building, increasing the staff's facilitation skills and their experience of LVE and Non-Violent Communication, all of which has resulted in them becoming more confident in themselves, more open and more involved.



Gede completed an external part-time course with an organization called Same Skies, and learnt about Project Cycle Management and in turn with the team, implemented that knowledge. We now have a team that is versed in Online Teaching and marketing, something that has many potential applications in the future.

Some of the staff switched roles and are trying their hand in new roles, which adds to the diversity and capacity of the team. Two new concepts were birthed:

Capung Melajah: The name given to a new action team.

The direct translation is: Capung means Dragonfly and Melajah is mixed from two words, 'Melajah' (Balinese) = Learning and 'Jelajah' (Indonesian) = Explore. In many cultures, the Dragonfly is revered for its ability to adapt to any environment and that resilience combined with the courage to try new things inspired the team. That philosophy gives definition to a new approach they wanted to take helping young people develop their capacity, and prepare for a changing world. All of the new training that the staff engaged in was implemented in the Yowana Kreatif project.



The Capung Melajah team also assisted a newly established non-profit organization on the North Coast of Bali named Desa Les Community Centre (DLCC) Amisewaka, in using the LVE Approach. A series of LVE workshops has been given to help the staff and students in creating a values-based atmosphere.

That required the KB team to step up to the challenge and put their training into practice, demonstrating how a values-based atmosphere and conflict resolution can work at



all levels in a school environment. It proved to be quite a challenge for both the new school's teachers and students who had never experienced the concept before, and even more so for our core team who were responsible for delivering the practical application of KBs Approach. It's an ongoing commitment on KB's part extending into 2023 giving the team priceless confidence building in facilitation at all levels.



Yowana Kreatif: The name given to the 6-month pilot project.

The direct translation is: Creative Young People

This programme offers some soft skills including immersion in Living Values Education as applied to life.

The end-of-year graduation ceremony was also very sweet. They performed a wonderful dance, sharing from the heart the things that had changed in themselves and their life as a result of their time at KB, but even more beautiful than that was the parents who stepped up to share from the heart. How grateful they were that their children had this opportunity to grow and how profoundly it had changed them and deepened their character and compassion. The chance to facilitate values activities for their friends and to facilitate a small workshop about Active Listening for the public was also given to the students so they could share what they have learned.



End of year graduation ceremony

What's Next?

After the 6-month pilot project of Yowana Kreatif 1st Group, we will continue to the 2nd Group of the pilot project of Yowana Kreatif.



After completing the evaluation of the first group, we found that the students got tremendous benefit from the project. Their self-confidence improved after joining the workshops and daily practical skills education related to soft skills. Soft skills are personal attributes that enable someone to interact effectively with themselves and others.

Those soft skills given to the students during the project are the practices of **LVE** (active listening, conflict resolution, values-based activities), **Distance Learning Self-Reflection** and the practice of **Non-violent Communication** (self-empathy). Through facilitating the soft skills, the students have a better understanding of and relationship with themselves, their families and also their friends.

At the end of 2022 we conducted another needs assessment for young people in Bali related to their needs and challenges.

Yowana Kreatif project is focusing on young people in the age of 18 to 22. We analysed the data on those ages and 49 out of 79 respondents are in the age range of the project. Mostly, the respondents were having challenges in adapting and interacting with others. They need soft skills as well as hard skills to overcome their challenges.

Therefore, for the second group, we will provide both soft skills and hard skills for the new intake. The second group of the pilot project will start in July 2023 and will be conducted for one year, comprising 9-months of learning process and 3 months of preparation, admission tests and evaluation. ✧





MALDIVES COUNTRY REPORT

ALIVE Associate: Hand in Hand

Representative to ALIVE: Aminath Ismail

Living Values Education has been found to be very relevant for the Maldives in a time of social and political transition where many changes have been seen in the behaviour of children, posing challenges for teachers and parents in handling them.

A lot of effort was put into introducing LVE to various relevant stakeholders and many target community groups through orientation programmes.

A number of voluntary programmes were conducted across the country by Hand in Hand Ngo – HIH (the ALIVE Associate in the Maldives). Over the years, finally the words “Living Values Education” have emerged into society and it has become seen to be a useful and a much needed programme. Today it has reached out to more than forty thousand people including small and large groups, organizations and island communities.

The following are some highlights of how Hand in Hand has collaborated with different organizations to build capacity in the community through four main programmes:

- 1. Values-Based Youth Programme**
- 2. Values-Based Parenting Programme**
- 3. Values-Based Teacher Trainer Programme**
- 4. Values-Based Education Programme for school children**

Values-Based Educator Training Program in partnership with Maldives Police Services

In 2013, which was a transitional time in the Maldives, as Maldives Police Services (MPS) took the initiative to begin a community level programme for local communities. Hand in Hand proposed an orientation on its Values Education International Programmes to MPS. This was well received as it applied to the Maldivian context and social situations. Then a strategic action plan was formed to involve parents, teachers and students and in which youth would be taught Values-Based Education with some other essential skills such as cybercrime awareness, fire and rescue and grooming, amongst others.



Training of 37 Police Officers to conduct Living Values Education activities



Training of 37 Police Officers to conduct Living Values Education activities

The main facilitators from HIH kept conducting the sessions in the first two years. A number of requests for LVE from communities made it necessary to build capacity in the MPS which led to HIH conducting a Values Based Educator Training workshop for 34 police officers including commanders and police staff. This made the event very smooth as all those involved in the camp had the same mindset while dealing with the target audience. Logistics such as travel and accommodation were covered by MPS while HIH provided facilitators and conducted the programmes voluntarily without any fees.

Each island had three Values-Based Programmes. These were for **Parents, Teachers, and Students (13-15 year-olds, upper secondary)**. Youth Camps were conducted in some islands while some ad hock youth camps were conducted upon demand.

The following are some highlights of the programmes conducted for island communities in partnership with MPS:

- The total number of people reached in communities across the nation from 2013-2016 was 11,109.
- The same model continues in the Maldives Police Services till now, independently, with MPS' own officers being trained by Hand in Hand.
- From 2017 - 2023 the total number of persons reached across the nation was 26,267.
- To date, LVE activities have been conducted for 37,376 persons across the nation through this partnership venture.

After the training, each trainer, in pairs, prepared his/her own lesson plans and delivered them in front of their groups and received feedback from the trainers and other participants.

Comments after the Values-Based Educator Training Workshops for the Police Service

These are some comments from officers who completed the Values-Based Educator training workshop for community activities. The training included power point presentations, lectures, real life drama scenarios, group work and individual and group sharing.

“This friendly programme has brought a new perspective while dealing with communities who are so distressed... I have become more open minded and a less stressful person myself.”

“I use more listening skills and I listen from my heart more now.”

“...dealing with children in the field has made it so much easier now.”

“The training has made me practise more values in my life both at work and in the field.”

'Blues for Youth' Programme

'Blues for Youth' Programme is one such initiative that we began in 2013 with the Maldives Police Services. 'Blues for Youth' provides an opportunity to 120 youth at a given time to camp for 240 hours in a stretch while guided and nurtured by professionals from various agencies and civil society organizations.

The role of HIH is to conduct values education activities based on the LVE Approach. The main age group in this programme is 16-30 years. The sessions include teaching core values of peace, respect, honesty, responsibility, love, cooperation and unity. Our values educators conduct these sessions by allowing the youth to engage in artistic expressions, imagination, real life scenarios, lectures and role plays and we have found that they allow participants to explore themselves more to bring out the best in them. This increases their motivation and determination to be the best in the community. Other sessions in the camps by other stakeholders included were on fire and rescue, community engagement and other self-development and safety topics.

According to the youth who joined the sessions:

- It helped them to have fun away from daily stressors.
- It helped them to think about values and reflect on different values in themselves and areas to work on for themselves, their families, friends and the community.
- It helped them to understand that they do have choices to make responsible decisions.
- It helped them to make positive peer friendships with a mindset to push them for good.

Many of these youths now have jobs in the government or private sector.



Values-Based Parenting Programmes for Parents

Living Values Education Parenting Programmes are led by experienced educators who help parents explore their own values and wishes for their children and assist parents to:

1. Explore common issues faced in parenting;
2. Identify problems;
3. Assess which values are most important to them;
4. Determine which values they want to impart to their children;
5. Build awareness about how children learn about values;
6. Develop understanding and skills that parents can teach values to their children.

Feedback from parents

“It's very tiring and boring to come to programmes after a busy day so we didn't really want to come. But we feel so energized now!”

“It's very hard to accept our own mistakes. But I am able to reflect on my own values and the values of my children. Now I understand how they conflict and now I can solve it.”

“I like the group discussion. I feel I am heard and people accepted my thoughts.”

“I like the way the lessons are taught. The energizer game was fun. It woke me up!”

“Parents need to limit screen time and we learnt many skills for parenting.”

“We need more men to join these programmes. Men should be encouraged more to come. Joint parenting is very important.”

“I never presented a paper or spoke in public but I feel very confident now to speak.”

“We know values are good, but this is the first time we thought about it on a conscious level.”

Media Programmes 2022-2023

HIH contributed to the National Radio Station specifically on Values-Based Parenting. The main aim was to broaden the spectrum of spreading Living Values Education Parenting nationwide and a series of discussions were conducted on deciding the themes, dramas and resource persons.

Each episode is designed by the radio station with a drama piece, educational component and questions and answers to receive from the community. The programme began from 2022 and has been going on till now. We have been providing technical resources.



*Values-Based Parenting Episodes by
National Public Service and Media Channel*

Two books will be published soon for kids on LVE for which a team has contributed graphics.



Living Values Education Teacher Educator Programme



Values-Based Teacher Educator Programmes

Values-Based Teacher Educator programmes were conducted for professional teachers who already have existing skills in educating students and adults. The main objective was to:

- Become competent with Living Values Education style of teaching and a framework within which values can be implemented within the system;
- Explore skills to create a values-based atmosphere;
- Ways of modelling;
- To introduce values activities for children;
- Create enthusiasm and motivation among teachers to continue the chain of teaching towards values-based education.

Feedback from teachers

“With the heavy curriculum that we are following we don’t actually have time to teach about values. But knowing these core values and knowing about teaching in a values-based atmosphere, I am sure I can bring about positive changes in my students.”

“I worry a lot about my students and their changing behaviour. I don’t know how to address them while doing my teaching duties. I loved the lesson on active listening skills and conflict management skills ... I think it will help me a great deal.”

“Sometimes one class of mine will have 20-30 students ... managing a large group is so hard ... I'm glad I came to know about group dynamics, role plays, dramas and how to do those ... it will ease my pressure on delivering my lessons.”



Values Education Programs for students



Values-Based Education Programmes for Students

The main age group covered in the Living Values Education programmes was from 13 to 16 years old as this involves the highest grade students who are about to go out of school and are considered as a risk group. Students enjoy these camps as they can freely communicate and the programme is more activity based.

Feedback from students

“We thought the programme would be boring. We liked the games and lessons.”

“The groups discussions were good.”

“We made new friends and it's nice.”

“We learnt a lot about values and how to have those values in daily life.”

“The relaxations were very good. I can focus more than the first time I did it.”

“It's very hard for me to sit without any movement.

Thank you for telling us it will become easier in time. It actually did.”

“Our parents yell a lot. It disturbs me a lot. I think this programme will be helpful for our parents.”

Values-Based Education Programmes for Outreach

26th April 2023

Two educators who were trained in Living Values Education in 2015, and have also done a lot of training in areas of Self Development, initiated Values-based Coaching for Effective Parenting.

A session held on Zoom was open for the public and attracted a total of 27 participants. It was well organized by Pcoma Maldives and educations components were included by providing an opportunity for the public to ask questions. A number of questions were asked about Living Values Education.

26 APRIL 21:15 - 22:30

For CHAMPIONING A COACHING CULTURE

VALUE-BASED COACHING FOR EFFECTIVE PARENTING

Ahmed Isam
Head of Training, Fujairah Air Navigation Services

Aishath Azka Ismail
Leading teacher KA School, & Campus Manager, MI

Aminath Ismail
International Trainer on Living Values Education

Dewdrop Shaheena
Leadership Coach, Trainer & Speaker

PCOMA PROFESSIONAL COACHING & MENTORING ASSOCIATION OF MALDIVES

Living Values Education in the Workplace

7th February 2023

A two-day workshop on creating a values-based environment was held for a growing company in the Maldives whose owners wanted their staff to develop a growth mindset. A total of seventeen staff, including the senior, middle and junior management, joined the event which was activity-based with discussion, relaxation, lectures and energisers.

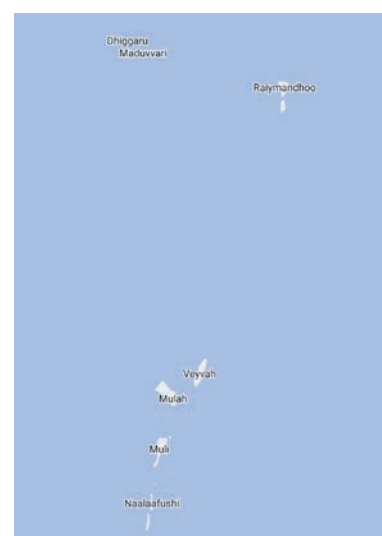
The main topics covered were peace, respect, conflict resolution, active listening, love, honesty, responsibility and cooperation. The values were selected after assessing the needs of the company and at their request. Further sessions will be held every three months throughout the year.

Meemu Atoll Program

25th to 30th October 2022

Meemu Atoll is in the south-central area of the Maldives, on the eastern side, 135 kilometres directly south of Male and LVE activities were held on three islands:

Date	Island	Parent Programme participants	Children Programme (aged 11-15yrs) participants
25th October 2022	Veyvah	47	17
26th October 2022	Maduvari	30	23
28th October 2022	Naalaafushi	25	13
Total		102	53



The main programmes conducted for these islands were on peace, respect, responsibility, love and active listening. It was found that parents had the concern, as in other atolls, that their children might indulge themselves in risky or bad behaviour such as drug taking, bullying and lack of interest in their studies.

The children who participated were mainly pre-teenagers and teenagers. It was found that they had a lot of questions on how to deal with peer pressure and conflict resolution. The peace activities were conducted in an exciting and friendly environment which resolved some long-lasting conflicts among participants.



Meemu Atoll Programme participants



Values-Based Programme for Hospital Staff

Values-Based Workshop for Hospital Staff

23rd August 2022

A values-based workshop was conducted for 53 nurses of the main private hospital of Maldives. The main values covered were peace, respect, love, active listening and responsibility and the session ended with a few relaxation activities.

A values-based environment was created in which participants shared at personal and professional levels. They felt it was a stress-releasing session after a tough time with COVID, a refresher and good self-reflection.

The company wishes to conduct a second workshop for the remaining staff.

Experiences Learnt and the Way Forward

HIH has learnt:

- Partnering with other stakeholders helps to ease logistics when conducting sustenance events for a mass audiences.
- Building capacity in organisations helps to reach out on a larger scale.
- A needs assessment or an orientation session helps to understand the audience better before conducting a programme.
- Activity-based sessions help participants enjoy the programme, rather than loading them with more information.
- Monitoring and evaluation help to continue programmes for a longer period of time.
- Teaching in a values-based atmospheres helps participants absorb more and to reflect on values.

HIH has reached more than 40,000 participants over the past seven years. However, the social situation, hierarchical changes and COVID delayed some activities and receiving data from the organization concerned. To overcome this obstacle HIH has been working on some strategies including a holistic rebranding exercise for better results in future. ✧



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

Lunar New Year Celebrations

LVE Vietnam started 2023 with a traditional New Year celebration on 28 January for 12 LVE activists. The event was for members to look back at 2022 and share their experiences of applying LVE in daily life. Relations and money were aspects where people had more difficulties but all members agreed that living our values is very essential to help keep balance and make more precise decisions and that feeding the positive self is what we all need to focus on. As usual for an LVE meeting, the atmosphere was always nice and cosy, friendly and full of love. That was the new year spirit all LVE members will carry forward for 2023.



Experience The Values with FairyLand Toc Tien

In the first week of March, LVE Vietnam and the representative of the Green Living Club of the Ho Chi Minh City Association for Women Executives & Entrepreneurs (HAWEE) had an interesting field trip at Fairyland Toc Tien EcoTourism Area (Ba Ria - Vung Tau) – a non-profit project to protect and connect people with Mother Nature.

Although the trip was short, it was a great opportunity for all participants to deeply experience the values of respect, love and gratitude and inspire staff of FairyLand Toc Tien about Living Values Education.





Experiencing values with FairyLand Toc Tien

Workshop for Women's Empowerment Club

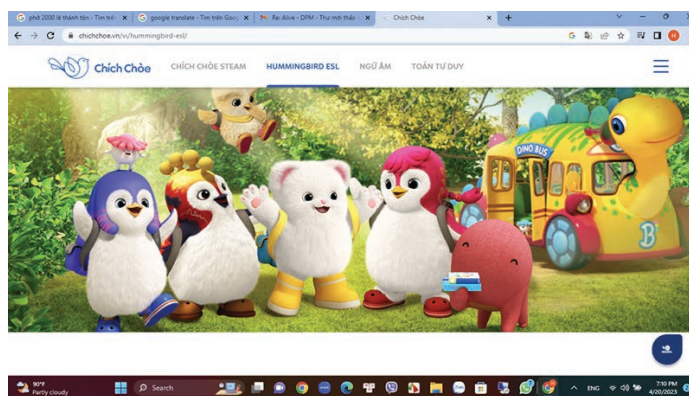
On 16, 17 and 19 March 2023 LVE Vietnam conducted a three-day workshop at the American Centre in Ho Chi Minh city for 26 talented women from batch 12 of the Women's Empowerment Club (WEC) which is fully funded by the U.S. Consulate. This is the fourth time LVE Vietnam has been selected as a partner to support WEC's mission to empower and create positive change for women and society in general.

Most of the members of WEC batch 12 said that they were familiar with Living Values Education, however, they were all excited to know more and agreed that they got much deeper insight into values and the role of values in all aspects of life through some very simple games conducted by LVE trainer Ms. Bich Ha. The "Aha" moment came to all participants when they discovered that values are always present within us, they just need to be recognised and awakened. Values are everywhere and values are the source of power, happiness and success, which are the values of LVE workshops.

Again, the atmosphere of love, respect and unity brought all these talented women together and inspired them to extend values to the community.

The workshop received very high appreciation from the organising committee and participants.





28-Day Gratitude Journaling

For LVE activists to be more connected to and deepen their experience of values, LVE Vietnam keeps going with practising the 28-day Gratitude Journaling and has conducted four series of it to date.

LVE Vietnam also had very productive meetings online and offline with 175 Hospital, the biggest military hospital in the south, to introduce LVE activities. The meetings help hospital managers to understand the importance of values application for doctors and nurses. Workshops might be conducted early in June, which would be great as it will greatly help patients' treatment.

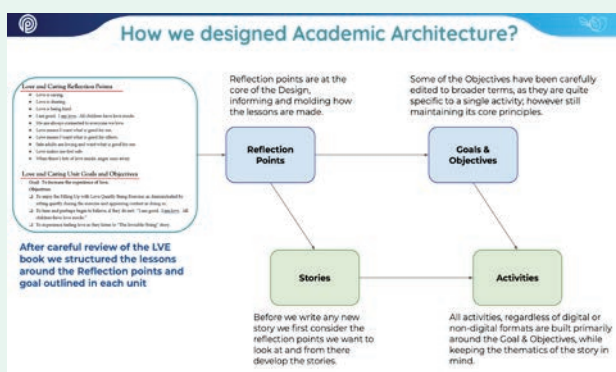
DMP, ALIVE & LVEC Project

Besides the above activities, LVE Vietnam has had several meetings with Digital Power Media (DPM) – a start-up company that owns of Chich Choe which is an early childhood and young learner digital education ecosystem, the first of its kind to combine education and technology for the purposes of providing truly holistic educational experiences and connecting communities.

Chich Choe is working closely with the ALIVE board and LVE Vietnam to bring values lessons and activities to life as rich, engaging, interactive digital and physical lessons and activities, while adhering to the core values of the LVE Approach and its learning outcomes. With technology serving the core values of education, Chich Choe can also mitigate the crippling inequities of learning access and socioeconomic status while connecting together the irreplaceable networks of meaningful relationships that all children deserve as they bloom and develop.

Both LVE Vietnam and DPM believe that Chich Choe can help all educators, wherever they are based, and inspire them with a pedagogical programme and operational system that is capable of spreading the vision, mission and values of Living Values Education at a national scale level, and being 'glocalised' to each unique culture, while preserving its authenticity, purpose and impact.

The launch date for this new LVE digital ecosystem will be International Children's Day, 1st June 2023. ✧





PHILIPPINES COUNTRY REPORT

Focal Point for LVE: Brian U. Bantilan

The Philippines Embraces the Precious Pearl of Living Values Education

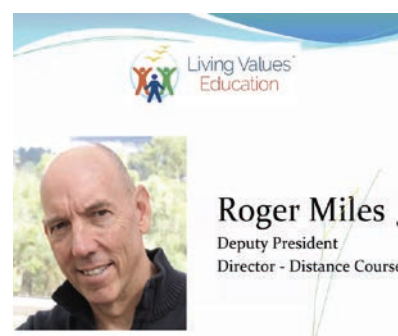
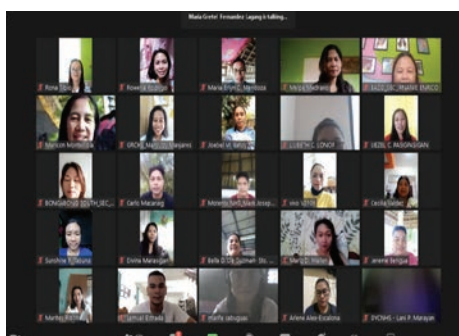
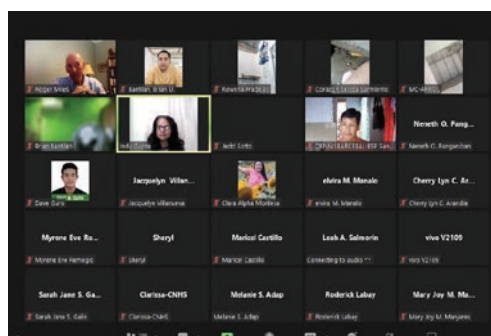
LVE was re-established in the country in early 2023 and Brian Bantilan, who stated his desire to introduce LVE in the educational system, was recognised by ALIVE as the Focal Point for LVE in the Philippines.

To help initiate this, letters of introduction and invitations were sent to the different Regional Offices of the Department of Education around the country. Several weeks later, responses were received happily endorsing the DFT – LVE Training for a number of Values Education Teachers or ESP (Education sa Pagpapakatao).

February 2023

DFT – LVE Orientation: Department of Education, Oriental Mindoro: 25 February 2023

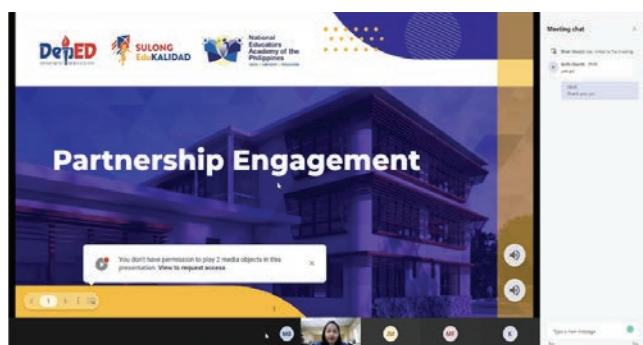
Following this enthusiastic response, the first ever DFT – LVE session in the Philippines was held in February 2023 for teachers, School Principals, the Public Schools Education Supervisor, District Coordinator and Public Schools Superintendent of the Department of Education of Oriental Mindoro. Around 150 people attended the orientation session which was led by Brian Bantilan, Roger Miles (ALIVE Deputy President and Distance Course Director) and Indu Gupta (Focal Point for LVE in India). Further sessions were held in succeeding weekends in March and April for a total of 456 participants from other regional offices of the Department of Education.



March 2023

Educational Covenant with NEAP

With a vision of revolutionizing the educational system of the country through the LVE Approach under the mandate of Republic Act 11476, also known as the Good Manners and Right Conduct (GMRC), and with values education as core subjects in the K to 12 curriculum, Brian Bantilan visited the Department of Education – National Educators' Academy of the Philippines (NEAP), which has supervisory responsibility for the design, development and delivery of professional development for teachers, school leaders and other teaching-related personnel. After the meeting, he was given a go signal to introduce LVE to all values education teachers in the country following the DepEd Order No. 001, s. 2020 also known as Guidelines for NEAP Recognition of Professional Development Programmes and Courses for Teachers and School Leaders.



Memorandum of Understanding with DepEd Calabarzon Region

A memorandum of understanding with DepEd Calabarzon Region was drafted to introduce LVE to all values education/ ESP teachers as part of Edukasyon sa Pagpapakatao Capacity Training to enhance the GMRC programme of K to 12 Curriculum and promote a values-based atmosphere in the classroom.

April 2023 & Beyond

Looking Beyond the Horizon

- 1st TTTs for the pioneer batch of DFT LVE Level 2 graduates.
- Summer in-house LVE orientation & training around the country.
- Application of ALAB – Philippines (ALIVE) for Securities and Exchange Commission as Non-Profit Organization
- Crafting of Memorandum of Understanding with the Department of Social Welfare and Development (children in conflict with laws, trauma survivors, child rehabilitation, etc.).
- Crafting of Memorandum of Understanding with Save the Children Philippines for capacity training of Save the Children focal persons and beneficiaries.
- Crafting of Memorandum of Understanding with the Brotherhood of Christian Businessmen and Professionals (Values in the Business World)
- World Values Day Celebration:
 - ~ International Values Based Atmosphere Forum (Hybrid)
 - ~ Recognition and Awards for Values Champions, in different categories
 - ~ Values Jam
 - ~ Values Model School
- Creation of Values Education Training Centre in the Philippines in cooperation with the Department of Education – NEAP making DFT LVE a required and CPD short course for values education teachers.

ALIVE DFT LVE Summary

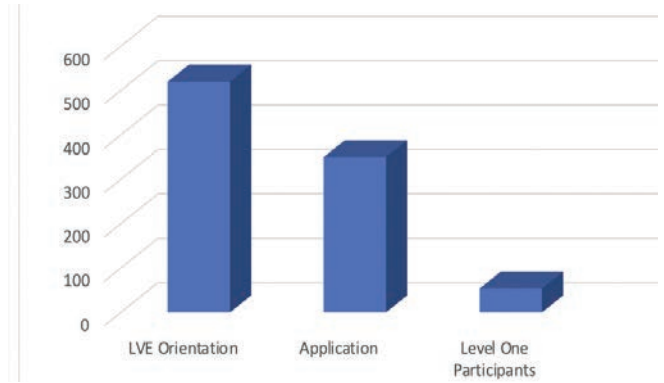
One, Two, Three and counting...

■ **Number of Participants** *(shown in graph)*

LVE Orientation 520

Application 350

Level One Participants 54



Philippines Values-Based Atmosphere at a Glance...

Participants of LVE Level One already applied what they learned so far in the module in their different schools. The results were all extravagant. ✧





SRI LANKA COUNTRY REPORT

ALIVE Associate: T. T. Mayuran

Living Values Education was introduced in Sri Lanka through the first LVE Educator Workshop in 2008. Thirteen years later, this international event was remembered by one of the first programme participants, Prof. S. Mohanadas, Former Vice Chancellor of University of Jaffna,

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“as an effective training that supports him to mentor educators and youngsters to guide them for taking responsibility with regard to making constructive personal and social choices for a meaningful life.”

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Building on that foundation, albeit with some quiet years in-between, Living Values Education is now finding a new lease of life under the leadership of the Centre for Children’s Happiness (GTE) Ltd, a newly approved member organisation of the Association for Living Values Education International.

Due to a lack of resource persons and trainers in Sri Lanka, structured trainings were not conducted for some years and while it was planned to expand activities after the international training and ALIVE Asia Associates meeting in Bangkok in 2019, including hosting an ALIVE Asia Associates meeting in Sri Lanka in 2020, COVID 19 constrained activities which have therefore been limited to promotional meetings, awareness sessions, and advocacy initiatives were conducted to introduce LVE in Sri Lanka.

The journey of LVE in Sri Lanka for the four years from 2018 to May 2022 is reflected by the following activities.

Raising Awareness of Living Values Education

A number of awareness programmes were conducted in order to introduce and promote Living Values Education in Sri Lanka. **There were over fourteen events conducted with professionals working for children, teachers, parents and children in the last four years in order to raise awareness of the importance of values and their impact in life.** This was positively understood and led to requests to implement LVE in schools, child care institutions, community-based children’s clubs and preschools.

Teachers and child care workers showed interest to introduce LVE on the basis of its child friendly approach and participatory method. This has created a network of institutions that are potentially willing to introduce LVE when training is provided to their educators and staff and include the Department of Education, Department of Probation and Child Care Services and child care institutions in Sri Lanka.

Living Values Education is promoted through “Children’s Smile Circles”

Living Values Education was introduced through “Smile Circles” created for children by the Centre for Children’s Happiness. With the support of various organisations, children’s facilitators and life skill trainers, teachers were introduced to LVE activities that they could carry out with children. This was mainly implemented at a community level.

Promoting Living Green Values with Children

Living Green Values were chosen as one of the keys to help young people become more aware of the importance of taking care of the Earth and be responsible in their relationship with nature. Living Green Values Activities for Children and Young Adults were introduced through nature appreciation clubs formed by the Centre for Children's Happiness in over 120 schools in Sri Lanka. Promotion of Living Green Values activities was conducted with children in communities, schools and hospitals.



Promoting Living Green Values

Sri Lanka is represented at the ALIVE Asia Associates meeting and Educators workshop

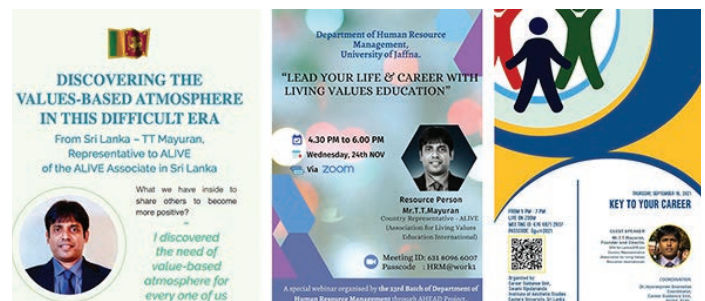
Sri Lanka ALIVE representative T T Mayuran took part in the International Educators workshop and ALIVE Asia meeting held in August 2019 in Thailand which offered a wonderful opportunity to connect with the ALIVE network.



ALIVE Asia Associates meeting

Promotion of Living Values Education in virtual settings

As an ALIVE Associated in Sri Lanka, the Centre for Children's Happiness has created its own Facebook page for the promotion of LVE in Sri Lanka and making connections with schools and universities. The page also adopts contributions created by the ALIVE resource team as an effective way of sharing resources and learning materials online. An article from Sri Lanka appeared in the Values-based Atmosphere booklet created by ALIVE for World Values Day 2021. Also in 2021, two virtual sessions were conducted for university students and over 200 students participated from the University of Jaffna and Eastern University of Sri Lanka. While in person meetings have thus been limited, online platforms have provided the opportunity for sharing ideas and experiences during challenging times.



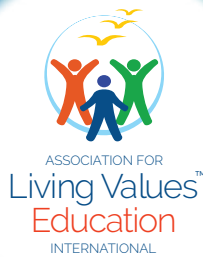
Promoting LVE in virtual settings

Training workshop at Colombo Hindu Ladies College

A workshop was held at Colombo Hindu Ladies College for 42 Government school teachers; it was conducted by Ms Kana Gopal, currently the Focal Point for LVE in Singapore. ✧



Colombo Hindu Ladies College



The development and advancement of Living Values Education is 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 promoting the use of the Living Values Education Approach and is an independent organisation that does not have any particular or exclusive religious, political or national affiliation or interest.

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Our Aims

- 1) To encourage educators, parents and caregivers to look at education as providing students with a philosophy of living, thereby facilitating their overall growth, development and choices so they may integrate themselves into the community and world at large with respect, confidence and purpose;
- 2) To help individuals think about and reflect on different values and the practical implications of expressing them in relation to themselves, families, others, the community and the world at large;
- 3) To deepen understanding, motivation and responsibility with regard to making positive personal and social choices; and
- 4) To inspire individuals to choose their own personal, social, moral and spiritual values and be aware of practical methods for developing and deepening them.

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Today ALIVE brings together, from about 40 countries, organisations and individuals that have taken up the responsibility to provide LVE professional development workshops and distribute curriculum resources, based on ALIVE materials, principles and guidelines. In each country, they offer students and teachers, children and adults alike an experience of exploring values and the opportunity to develop practical, personal and social skills for use in a diverse range of learning environments through a vision of education called

The Living Values Education Approach.