



Emotional Resilience and Wellbeing in Schools and Families

Weekly Wellbeing

ISSUE 4

Family activities to promote emotional resilience and wellbeing



Get Creative - Jar of Feelings

A 'Jar of Feelings' is a great way to creatively think about the emotions you are feeling. Download the 'Jar of Feelings' template, along with the list of emotions. Choose an emotion that you have been feeling recently and follow the instructions on the template. Watch the video clip to find out more about emotions and how else you can talk about them.

Click here to watch the video

Click here to download the template



Film of the Week Inside Out

Disney's 'Inside Out' is a fantastic film all about emotions and dealing with them. Watch the clip and say 'hello' to the main emotion characters.

Talk about each emotion and think about a time you have felt that way.

Click here for the clip

Be real about how you feel!

Weekly Thankfulness Activity

Being thankful is strongly and consistently associated with greater happiness.

Blow some bubbles and, each time you pop one, say thank you for a friend, family member or teacher.



Bitesize Idea

Plan a picnic for your family with invites and a menu. Think about what food you could eat and then think about where and when you could do it. Even picnics on your lounge floor can be fun!

About Navigate

'Navigate' is an emotional resilience and wellbeing resource supporting children, schools and families.

For more information visit www.imagineforschools.co.uk



Bitesize Idea

Connect with nature - Find some sticks outdoors and create a picture of something that makes you happy. You will need to find lots of sticks in a variety of sizes.