



Emotional Resilience and Wellbeing in Schools and Families

# Weekly Wellbeing

ISSUE 6

Family activities to promote emotional resilience and wellbeing

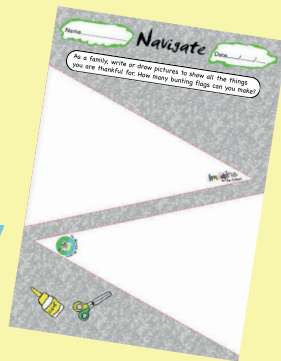


## Get Creative - Thankfulness Bunting

Watch the short clip about the benefits of being thankful. Download the bunting template and, as a family, write or draw pictures to show all the things you are thankful for. How many bunting flags can you make?

[Click here to watch the video](#)

[Click here to download the template](#)



## Book of the Week My Fantastic Elastic Brain

Did you know that you can change your brain? In fact, every time you try hard and stick with a task, you are growing your brain! Watch the video clip about the book.

- Do you believe you can change your brain?
- Do you believe you can get better at Maths?
- Do you believe you can get better at Art?

[Click here for the video](#)

Great for motivation and positive thinking.

## Weekly Thankfulness Activity

Being thankful is strongly and consistently associated with greater happiness. Start a one-week thankfulness journal. Each day, write or draw at least one thing from your day that you are thankful for.



## Bitesize Idea

Plant a slice of tomato in a small pot of compost and watch it grow. Watch the time lapse video to see what happens. Take a picture of yours each week so that you can see the progress.

[Click here for the video](#)

## About Navigate

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

For more information visit [www.imagineforschools.co.uk](http://www.imagineforschools.co.uk)



## Bitesize Idea

Find a cardboard box and use your imagination to make it into something that you can have fun with. How can you make it even better? Try different ways to improve it.