



Emotional Resilience and Wellbeing in Schools and Families

# Weekly Wellbeing

ISSUE 10

Family activities to promote emotional resilience and wellbeing



## Get Creative - Lenses

It can sometimes feel like our emotions are taking over and there is nothing we can do about it. However, it is important to recognise that we do have some control over our emotions. There is always a choice. The video this week talks about the lenses that we can choose to wear.

Watch the video and have a go at the attached worksheet.

Click here to watch the video

Click here to download the template



## Film of the Week Finding Nemo

Trusting your instincts can be difficult and we won't always get it right. However, the more we try it, the more we get to know ourselves and how to trust our instincts.

Why did Nemo find it so hard to 'let go'?

What would you have done if you were Nemo in that situation?

Click here for the clip

Great for thinking about trust

## Weekly Thankfulness Activity

In this week's 'Get Creative' video, we talk about how we can always choose to wear the lens of thankfulness. No matter what is happening in our life, we can always make the choice to be thankful for something. Think about the times this week that you have chosen to be thankful for something. Have a chat as a family about what you can be thankful for right now.

## Bitesize Idea

Carry out a 'random act of kindness.' Do something kind for someone, make them a small gift or write a friendly note. Try and do it without them knowing it is you.

## About Navigate

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

For more information, or to sign up to receive this resource weekly, visit

[www.imagineforschools.co.uk/navigate-pathways](http://www.imagineforschools.co.uk/navigate-pathways)



## Bitesize Idea

What are your 3 favourite songs that help you to feel good. Make a playlist with the 3 songs and listen to them every day this week.