



Emotional Resilience and Wellbeing in Schools and Families

Weekly Wellbeing

ISSUE 11

Family activities to promote emotional resilience and wellbeing



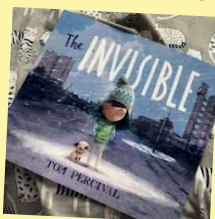
Get Creative - Reading your favourite book

Watch Tom Percival talk about the importance of reading when it comes to emotional wellbeing.

What has been one of your favourite books or stories in your life? What do you love about it? If you were to write a sequel to that book what would it be like? What would happen?

Find some time this week to think about this sequel and maybe even start to write down some of your ideas.

Click here to watch the video



Film of the Week Frozen 2

In this clip, Elsa is battling the ocean waves. Although she makes progress, the waves seem to ultimately win. If you have seen the film, you will know that Elsa eventually manages to gain control over the waves and continue her journey.

What battles have you faced in the past that you eventually overcame?

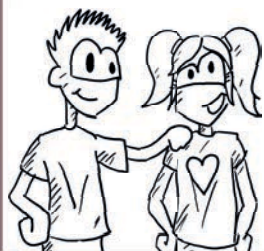
What battles are you currently facing? What's your next step?

Inspiring a 'Never Give Up' attitude.

Click here for the clip

Weekly Thankfulness Activity

Do you have a favourite season? Maybe you prefer the cold, snowy Winters or the 'new life' that Spring brings. Choose one thing you can be thankful for from each season. What can you be thankful for right now from the current season?



Bitesize Idea

Design and make a rocket. You could make a small rocket out of a piece of paper or a larger one out of some big pieces of used cardboard.

If you could make your rocket actually work, where would you go?

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

Imagine
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Bitesize Idea

Do you have a favourite animal? If you could have 3 pets that you don't already have, what would you choose?

What do you like about your chosen pets and how would they change your life?