



Emotional Resilience and Wellbeing in Schools and Families

Weekly Wellbeing

ISSUE 15

Family activities to promote emotional resilience and wellbeing



Get Creative - Coping Toolbox

This is a great activity from the 'Partnership for Children' to help children find ways to relax and cope.

Click the link below for instructions to build the box and ideas as to what they can fill their box with.

Click here for the link

Check out the fantastic 'Partnership for Children' Website for loads more ideas.



Film of the Week

Raya and the Last Dragon.

A fantastic film about, amongst other things, trust and acceptance. Raya's mission to save the world can only be achieved by co-operating with former enemies. Settle down as a family to watch the film and ask each other these questions:

- When do you find it hard to trust?
- Why is it important to accept people who are different to us?

Click here for the clip

Great for Trust and Acceptance

Weekly Thankfulness Activity

Being thankful has been found to improve your relationships

Click the link below to download the 'Thankful Jar' activity. What would you fill this jar with right now? Using words and pictures, fill your jar with all the things you are thankful for today. Over the next week you may find yourselves wanting to add more items into your jar. Remember, whether you are feeling 'thumbs up' emotions or 'thumbs down' emotions, we can always look at our Jars to remind ourselves of what we can be thankful for.

Click here for the link

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



Bitesize Idea

Think of a number of different emotions.

For example Have a conversation with somebody you haven't spoken to for a while. If they don't live close, arrange a time to chat on the phone or video call.

Bitesize Idea - Family Talk

Next time you are together as a family, ask this question. If you had one year and could spend your time doing anything you wanted, how would you spend your time? What impact would you like to make?