



Emotional Resilience and Wellbeing in Schools and Families

# Weekly Wellbeing

ISSUE 1

Family activities to promote emotional resilience and wellbeing



## Get Creative - Lockdown Life Picture

Creating a 'Life Picture' is a great way of capturing the way you feel in a particular moment in time. Watch the video, download the template and have a go at creating your own 'Lockdown Life Picture'. Try and make each jigsaw piece show a different part of life in lockdown.

Be as creative as you want to be!

Click here to watch the video

Click here to download the template



## Film of the Week Trolls

Watch the clip and discuss the questions with your family

1. What is your favourite part of the clip?
2. What challenges have you faced recently?
3. When have you 'got back up again' after facing a challenge?

Click here for the clip

This could help anyone finding home school a challenge

## Weekly Thankfulness Activity

(Being thankful is strongly and consistently associated with greater happiness.)



At meal times this week, encourage everybody in your family to say one thing they are thankful for from the day.

## Bitesize Idea

Take some moments throughout the day to stop and spend some positive time as a family playing a quick active game. Try an egg and spoon race or bounce a ball into a bin or container taking a step back with each success. Great for determination too!

## 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

Walking is one of the simplest ways to improve your wellbeing. Even 10 minutes can make a huge difference. Join the many families up and down the country walking a mile. If it goes well, maybe you could try and walk a mile every day or every other day. Check out the 'Daily Mile At Home'