



Emotional Resilience and Wellbeing in Schools and Families

# Weekly Wellbeing

Summer Highlights 1

Family activities to promote emotional resilience and wellbeing



## Bitesize Highlights

As we head into the Summer term we have collated some of our favourite activities from previous issues for you to enjoy.



### 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!

### Bitesize Idea

Stand outside in silence for 1 minute. What can you hear? Maybe you can hear the birds, or a plane high in the sky. Perhaps you can hear the trees swaying and the leaves rustling or your neighbours playing. Write down or draw everything that you can hear.

### 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'

### Bitesize Idea

What are you most looking forward to over the next 3 months? Is there somebody you haven't seen for a while or a place you are looking forward to visiting? Make a list or draw a picture of your 'near future' goals and stick them on your wall.

### 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

Have a look at some family photos and find your favourite. As a family, talk about why the picture you have chosen is your favourite. Ask each other questions about the pictures and relive those lovely memories.

### Bitesize Idea

Plan a picnic for your family with invites and a menu. Think about what food you could eat and then think about where and when you could do it. Even picnics on your lounge floor can be fun!