



Emotional Resilience and Wellbeing in Schools and Families

Weekly Wellbeing

ISSUE 18

Family activities to promote emotional resilience and wellbeing



Lets Get Physical - Stride Out Alphabet Challenge.

Developed by our friends at 'Stride Active' this is a great activity to get your family walking. Go for a walk or on your walk to school - write, draw or take a picture of all the things you see beginning with each letter. Print off the sheet below to fill in.



Click here to download the template

Weekly Thankfulness Activity

Being thankful has been shown to improve sleep. As a family play the 'Thankful Alphabet Game'. Start with "I am thankful for [something beginning with A]" then the next person repeats for [something beginning with B].



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



Book of the Week

*The Boy, The Mole,
The Fox and The Horse*
- Charlie Mackesy.

This is a wonderful story with fantastic illustrations.

"The boy is full of questions
The mole is greedy for cake
The fox is mainly silent and wary
because he's been hurt by life
The horse is the biggest thing
they've ever encountered,
and also the gentlest".

Click here to watch a reading

Be Kind

Bitesize Idea

Family Talk. If you had a million pounds but weren't allowed to spend it on yourself or your family what would you do with it. Talk as a family about what problem you would like to help solve. What are you passionate about changing that you could use the money for?

Bitesize Idea

Sleep is one of the most important factors when it comes to feeling great. Find out how much sleep you are supposed to get based on your age. Keep a sleep diary for a week to see how well you are getting on.