



Emotional Resilience and Wellbeing in Schools and Families

# Weekly Wellbeing

ISSUE 7

Family activities to promote emotional resilience and wellbeing



## Get Creative - Play-doh Stories

Playing with Play-doh can be great for emotional wellbeing. It is calming and a great way to cure restlessness. Making your own Play-doh from scratch can be fun too! Watch the video to see just how easy this is.

Click here to watch the video



With your Play-doh, create a scene that tells the story of your day or one of a special memory.

## Film of the Week Inside Out

It's ok to be sad. Sadness is not an emotion we should ignore or just try to put up with.

There are times when we simply need to allow ourselves or others to be sad. If we try to 'shut down' sadness we find that other emotions start to 'shut down' too.

Click here for the clip

Be Real  
About How  
You Feel!

## Weekly Thankfulness Activity

Before you go to bed tonight, say thank you for something from that day. Ask other members of your family what they are thankful for. Try doing this every night this week.



## Bitesize Idea

Go on a rainbow scavenger hunt outside and collect as many different colours from nature as you can. Then, make a rainbow from the things you have found. Can you find something for every colour in the rainbow?

## 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

According to the saying, 'Hope Floats'. Make a boat using only recyclable materials and make it float. How many Lego blocks can your boat hold? Whilst you are building this, think or talk about your hopes and dreams.