



Emotional Resilience and Wellbeing in Schools and Families

Weekly Wellbeing

ISSUE 3

Family activities to promote emotional resilience and wellbeing



Get Creative - Family Handprint Tree

Get creative and messy with your family. Watch the video and make your very own 'Family Handprint Tree'. It's a great way of capturing a moment in time that you can look back and be thankful for.



Click here to watch the video



Book of the Week

The Dot by Peter H. Reynolds

Click on the link below to watch a short film of the book, "The Dot". There's even a song to learn on the second video link.

1. When did you last struggle to start a task?
2. In the story, why didn't Vashti think she was good at drawing?
3. Have you ever looked at somebody's work and thought, "I'll never be able to do that"? What do you think now after hearing the story?

Click here for the story

Click here for the song

Great when struggling to put pen to paper!

Weekly Thankfulness Activity

As a family, look through some family photos and talk to each other about the memories you've made. Remember the good times and the challenges you've shared together and take the time to be thankful for the places you have visited and the people you love.



About Navigate

'Navigate' is an emotional resilience and wellbeing resource supporting children, schools and families.

For more information visit www.imagineforschools.co.uk



Bitesize Idea

Look outside and look up at the clouds. See how many different shapes, animals or creatures you can see in the clouds. Draw your favourite cloud shape or have a go at making one out of cotton wool.

Bitesize Idea

Count how many different types of fruit and vegetables you have in the kitchen. Can you name all of them? Try a new fruit or vegetable that you have never tried before. Did you like it? How could you make it taste even better?