



Emotional Resilience and Wellbeing in Schools and Families

# Weekly Wellbeing

ISSUE 8

Family activities to promote emotional resilience and wellbeing



## Get Creative - Life Picture

In the first issue of 'Weekly Wellbeing', we created our very own 'Lockdown Life Picture'. A life picture is an opportunity to creatively capture a moment in time. Watch the video and use the template to create your current 'Life Picture'. If you have done this before, what has changed? What is new on this 'Life Picture?'

Click here to watch the video

Click here for template 1

Click here for template 2



## Film of the Week Lego Movie 2

According to the Lego Movie, "Everything is Awesome all of the time".

In this clip, we find the characters realising this isn't always true.

Talk about the things in your life that are currently 'Awesome' and the things that are not 'Awesome' at the moment.

Click here for the clip

Be Real  
About How  
You Feel!

## Weekly Thankfulness Activity

Being thankful is strongly and consistently associated with greater happiness.

Play catch with a ball and each time you catch it say, 'Thank you' for something or someone important to you.



## 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.

## 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

Exercise is a great way to help you feel positive about your self but this can be tricky if it's raining. Plan how you and your family could exercise if it was raining. Maybe you have to climb so many steps within 10 minutes or see how many times you can lift a tin of baked beans in a minute. You can try this out the next time you are home on a rainy day.