



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



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!