



Emotional Resilience and Wellbeing in Schools and Families

# Weekly Wellbeing

ISSUE 12

Family activities to promote emotional resilience and wellbeing



## Get Creative - Make Your Own Bird-Feeder

Reconnect to nature and make your very own bird feeder. Watch the video on the link below to follow the simple instructions. The link also includes a number of different types of bird feeders using everyday items.

How many different types of birds can you spot using your feeder over the next few days?



Click here to watch the video

## Film of the Week Soul

Disney's Soul takes you on a roller coaster journey of emotions, ultimately encouraging us to appreciate the small things in life.

Discuss: - As a family talk about the things that you can appreciate in life right now.

Click here for the clip

Appreciate the Small Things

## Weekly Thankfulness Activity

Being thankful has been found to actually improve your health.

Find a small rock or stone that you can carry around in your pocket. Make sure you like the look of it. Maybe it's particularly smooth or an interesting shape. Carry it round with you, place it on a table when you are home. Every time you see it or feel it in your pocket, think of one thing to be thankful for.

## Bitesize Idea

On the next cloudy day, look up to the sky and see what shapes you can make from the clouds. If you can, lie on the floor with somebody else in your family and see how many different shapes you can find. Maybe you will spot a dinosaur chasing a small dog or a hippo playing with a ball.

## 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)

Imagine  
For Schools

## Bitesize Idea

If you could go anywhere in the world where would you go. Maybe it's a particular place or country or it could be a different landscape like a mountain or the sea or a forest or a city. What would you do there? Who would you take with you?