



Emotional Resilience and Wellbeing in Schools and Families

# Weekly Wellbeing

Easter Highlights 2

Family activities to promote emotional resilience and wellbeing



## Film Highlights

As it's Easter, we thought we would collate some of our favourite activities from previous issues for you to enjoy over the holidays. For more of these or access to our earlier issues please get in touch - [info@imagineforschools.co.uk](mailto:info@imagineforschools.co.uk)



### Film of the Week Trolls

Watch the clip and discuss the questions with your family

1. What is your favourite part of the clip?
2. What challenges have you faced recently?
3. When have you 'got back up again' after facing a challenge?

Click here for the clip

This could help anyone finding home school a challenge

### Film of the Week Meet the Robinsons

Watch the clip and discuss the questions with your family.

1. What is your favourite part of the clip?
2. When was the last time you failed or made a mistake?
3. What could you or did you learn from your 'failure' or mistake?

Click here for the clip

Great for dealing with failure and mistakes!

### Film of the Week Inside Out

Disney's 'Inside Out' is a fantastic film all about emotions and dealing with them. Watch the clip and say 'hello' to the main emotion characters.

Talk about each emotion and think about a time you have felt that way.

Click here for the clip

Be real about how you feel!

### 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)

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### Film of the Week Zootropolis

"Zootropolis" is a great film from Disney about not giving up, even when we're struggling or getting things wrong. Watch the lyric video from the film.

Think of a time that you have struggled. How did it feel?

What did you do to overcome the struggle? The song says, "Nobody learns without getting it wrong." Do you think this is true?

Click here for the clip

Great for changing attitudes towards mistakes.