



Emotional Resilience and Wellbeing in Schools and Families

Weekly Wellbeing

ISSUE 5

Family activities to promote emotional resilience and wellbeing



Get Creative - Mug Cakes

Creating food in the kitchen can be a great way to spend time as a family. Microwaveable Mug Cakes are simple to make. Have a go, using the recipe below (or the one on the website link), and experiment with slightly different ingredients and toppings.

[Click here to watch the video](#)

[Click here for the other recipe](#)

Sample Recipe
35g flour
2 tablespoons cocoa powder
¼ teaspoon baking powder
2 tablespoons sugar
pinch of salt
75ml milk
1 tsp. vegetable oil
1tbs hazelnut chocolate spread

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?

Great for changing attitudes towards mistakes.

[Click here for the clip](#)

Weekly Thankfulness Activity

Being thankful is strongly and consistently associated with greater happiness.

Write a letter or draw a picture to say, "thank you" to a friend or family member. You could thank them for playing with you, helping you, being there for you, or for simply being a great mum, dad, grandparent, brother, sister, friend, etc.

Bitesize Idea

Take 5 minutes out of each day for a week to look outside and look up at the clouds. See how many different shapes, animals, creatures you can see in the clouds. Draw your favourite cloud image and perhaps give it some colour and a name.

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

Build an indoor or outdoor den to play in. Once you have completed it, is there anything that you could do to make it better? Can you make it stronger, bigger or cosier?