

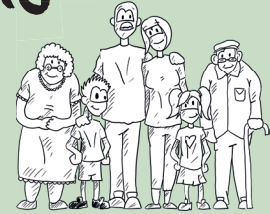


Emotional Resilience and Wellbeing in Schools and Families

Weekly Wellbeing

ISSUE 2

Family activities to promote emotional resilience and wellbeing

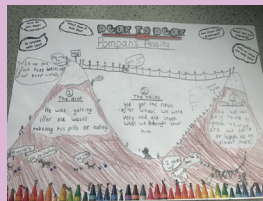


Get Creative - Peak to Peak

Facing a challenge can sometimes feel like climbing a mountain or walking from one mountain peak to the next. Watch the video, download the templates and have a go at drawing your own 'Peak to Peak' picture that represents a challenge you are facing OR the challenge faced by a character in your favourite film or story.

Click here to watch the video

Click here to download template 1



Click here to download template 2

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!

Weekly Thankfulness Activity

Write a letter or draw a picture to say "thank you" to your teacher. Pop it in an envelope, write the school address on the front, put a stamp on it and post it in your local post-box on your next walk.



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

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

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.