



Emotional Resilience and Wellbeing in Schools and Families

# Weekly Wellbeing

ISSUE 14

Family activities to promote emotional resilience and wellbeing



## Get Creative - Lego Emotions

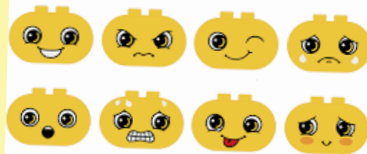
There are so many ways you can use Lego as a family to explore emotions and wellbeing.

Challenge your family to create a Lego scene showing something that makes them happy or sad or excited or angry. See the links below for even more ideas.

Watch the video clip showing 50 easy games and activities to play using Lego.

Click here to watch the video

Check out the website link to '10 incredible benefits of playing with Lego'.



## Film of the Week

### The Good Dinosaur

Arlo, finds it hard to keep up with his older siblings and regularly feels second best. Throughout the film he discovers the strength and the courage to prove himself as he makes his way home after getting separated from his family.

Watch the clip of baby Arlo facing his fears.

Click here for the clip

Finding your courage

## Weekly Thankfulness Activity

Being thankful has been found to actually improve your health.

Design a family poster showing all the things you are currently thankful for. Think about the people in your life, the places you go and the things you own. Take your time, this doesn't have to be completed in one go.

Once finished, put the poster up somewhere in your house where you will see it all the time.

## Bitesize Idea

Think of a number of different emotions. For example - Joy, Sadness, Fear, Worry, Anger etc. For each one think of an action or facial expression to show it. Play a game with your family to see if they can guess what emotion you are showing.

## 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

Box breathing is a technique used by many professions including athletes, the police, special forces and nurses. It is a great way to relax.

Check out this website and have a go.

<https://www.healthline.com/health/box-breathing>