

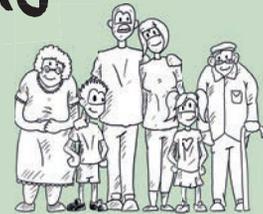


Emotional Resilience and Wellbeing in Schools and Families

# Weekly Wellbeing

Summer Highlights 2

Family activities to promote emotional resilience and wellbeing



## Film Highlights



As we head into the Summer term we have collated some of our favourite films from previous issues for you to enjoy.



### Film of the Week Peter Rabbit

Click the video link and watch Peter Rabbit say 'sorry' by rubbing noses. When we don't say 'sorry' for something we have done wrong...

Click here for the clip

There is power in saying 'Sorry.'

### 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

### Film of the Week Lego Movie 2

According to the Lego Movie, "Everything is Awesome all of the time".

In this clip, we find the characters realising this isn't always true.

Talk about the things in your life that are currently 'Awesome' and the things that are not 'Awesome' at the moment.

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)



### Film of the Week Finding Nemo

Trusting your instincts can be difficult and we won't always get it right. However, the more we try it, the more we get to know ourselves and how to trust our instincts.

Why did Nemo find it so hard to 'let go'?

What would you have done if you were Nemo in that situation?

Click here for the clip

Great for thinking about trust