

Thrive activities useful for parents of children up to 16 years old – week thirteen

We can think of giving our adolescents a rich diet of social and emotional support and that diet needs to contain the right ingredients, Dr Dan Siegel recommends all adolescents have a balance of what he describes as ESSENCE to create the right recipe for healthy social and emotional growth. Each week we will continue to have a focus on the elements of ESSENCE, as well as an element of Emotional Health and wellbeing, to be able to describe how we think, feel and relate to ourselves and others and how we interpret the world around us.

Monday	Emotional Health and wellbeing - connect in with our internal thoughts and feelings. Healthy mind, healthy body Create a balanced 'plate' to show how much time you devote to: Sleep, Physical, Focus, Connecting, Play, Down, and Time In.
Tuesday	Emotional Spark - Creating meaning and vitality in our lives. Imagine... Come up with an opening for a short story about life after lockdown, write, record, or type the opening and add to the story as time goes on.
Wednesday	Social Engagement - important connections such as mutually rewarding relationships. Write a Limerick Edward Lear wrote some great ones, have a look and then have a go, then share it with others.
Thursday	Novelty - creating new experiences in challenging ways stimulating senses and emotions. Bagels, bread and brioche Create a unique and awesome family sandwich. Will it be banana and marmite, a triple decker with a different flavour on every layer or even an open sandwich? Send us your pictures.
Friday	Creative exploration - seeing the world through a news lens. Lunchtime art Walk to a park, a big wide, open space or an urban area, take a pencil and paper with you. Sketch what you see in front of you, then sit a while and look at your unique piece of art.

Top Tips:

- ✓ Adolescence is a time of significant brain growth, re-structuring and development. Neuroscientific research and understanding, informs how we as adults can support adolescents to flourish and Thrive.
- ✓ As adults it is helpful for young people to have us alongside them to reflect on their thoughts, feelings and experiences.
- ✓ It is useful to think with them when solving problems rather than offering up all the answers, coming up with solutions together.
- ✓ Making the most of small moments to connect during the day through a shared activity, meal, walk or whilst relaxing on the sofa, will help young people have a full cup to face any potential challenges or difficult feelings.
- ✓ To find out more about the growth and development in the adolescent brain, [click here](#).