

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



If we think of giving our adolescents a rich diet of social and emotional support, the essence of our diet needs to contain the right ingredients, Dr Dan Siegal 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 so far we have had a different focus on the elements of ESSENCE, we are now going to add in another 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. Each week will have one of these elements for you to explore as a family.

Monday	Emotional Health and wellbeing - connect in with our internal thoughts and feelings. Make a Mandala The creation of Mandalas could help to reduce feelings of anxiety. Create your own Mandala using stones, sand, painted rocks, flower petals and share a picture with us.
Tuesday	Emotional Spark - Creating meaning and vitality in our lives. PM for the Day If you were Prime Minister for the day: what would you change immediately? What would you change in a month? What would you change in a year? Why would you make these changes?
Wednesday	Social Engagement - important connections such as mutually rewarding relationships. The world up close Take photos of everyday objects, things in nature and anything else you can find but take the photos really close up. Host a quiz to see if family can identify the item.
Thursday	Novelty - creating new experiences in challenging ways stimulating senses and emotions. Create a sensory kitchen Explore the smells and tastes of herbs and spices in your kitchen. What happens when you combine one or two and what happens when you add them to food? Share your spicy recipes with us.
Friday	Creative exploration - seeing the world through a news lens. Capture a colour Choose one colour to focus on for a day or a week. Use a camera to capture this colour when it jumps out at you. Make a collage of your pictures and notice all the different hues and tones of your colour. How does this colour make you feel?

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](#).