

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. Acts of kindness Make a list of thoughtful things to do and pledge to do them all by the end of the week. Notice how you feel when you look back at the kind acts you have carried out over the week.
Tuesday	Emotional Spark - Creating meaning and vitality in our lives. Such a perfect day Keeping social distancing in mind. Plan your perfect day. Who would you spend it with, what would you be doing? Where would you go?
Wednesday	Social Engagement - important connections such as mutually rewarding relationships. Supporting others Check in on an elderly neighbour and ask if they would like help with their food shopping.
Thursday	Novelty - creating new experiences in challenging ways stimulating senses and emotions. Art from waste Create a piece of art from recycled materials.
Friday	Creative exploration - seeing the world through a news lens. Acts of kindness Make a list of thoughtful things to do and pledge to do them all by the end of the week. Notice how you feel when you look back at the kind acts you have carried out over the week.

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](#).