

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

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	<p>Emotional Health and wellbeing - connect in with our internal thoughts and feelings.</p> <p>Try these mindfulness activities.</p>
Tuesday	<p>Emotional Spark - passion to live life fully.</p> <p>Create a coat of arms that represents you and your family!</p>
Wednesday	<p>Social Engagement - important connections such as mutually rewarding relationships.</p> <p>Make a game of guess who using pictures of your friends and family!</p>
Thursday	<p>Novelty - Creating new experiences in challenging ways stimulating senses and emotions</p> <p>Create a funky fashion item from a pair of sunglasses, or remodel a belt or pair of shoes – upload a photo your item!</p>
Friday	<p>Creative exploration - seeing the world through a news lens</p> <p>Make a culinary creation! Will it be blue beans or a mash up? Post a photo of your creation on our Facebook group.</p>

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](#).