

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

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 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 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	<p>Emotional Health and wellbeing - connect in with our internal thoughts and feelings.</p> <p>Chill out, lay back and take a 3D underwater dive.</p>
Tuesday	<p>Emotional Spark - Creating meaning and vitality in our lives.</p> <p>Have an evening at the theatre - every Thursday 7pm.</p>
Wednesday	<p>Social Engagement - important connections such as mutually rewarding relationships.</p> <p>Create a Netflix party.</p>
Thursday	<p>Novelty - creating new experiences in challenging ways stimulating senses and emotions.</p> <p>Google roller coaster rides from the front seat – here is one.</p>
Friday	<p>Creative exploration - seeing the world through a news lens.</p> <p>Create a photo montage of all your friends for your bedroom wall.</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](#).