

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



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	<p>Emotional Health and wellbeing - connect in with our internal thoughts and feelings.</p> <p>Pause Draw a body shape on a piece of paper then pause for a couple of minutes and do a scan of your body from the top of your head to the ends of your toes. Now draw symbols, shapes or colours on the body outline to resemble how you feel right now.</p>
Tuesday	<p>Emotional Spark - Creating meaning and vitality in our lives.</p> <p>Create your Family brand If your family had a brand what would the unique qualities be? Would you have a logo? What are your family values? How will you let people know what's important to you? Design your Family Brand and share pictures with us.</p>
Wednesday	<p>Social Engagement - important connections such as mutually rewarding relationships.</p> <p>Emerging neighbourhoods Take pictures of the people and places around you to create a 'diary' of how your community grows and changes over time, as we move towards the 'new normal' and life out of lockdown. Share your diary with us, we'd love to see your creative creations.</p>
Thursday	<p>Novelty - creating new experiences in challenging ways stimulating senses and emotions.</p> <p>Classical spectacular Explore classical music online.</p>
Friday	<p>Creative exploration - seeing the world through a news lens.</p> <p>Escape Go on a virtual adventure, use google to find out what virtual tours you can participate in, here is a virtual dive with sealions to get your started.</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](#).