

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

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.

Adolescence is a time of significant brain growth, re-structuring and development. Neuroscientific research and understanding, informs the adult role in supporting adolescents to flourish and thrive. Staying emotionally connected is important for healthy family relationships. Making the most of the inevitable opportunities and challenges that arise, to learn emotional resilience, healthy stress regulation and ways to manage conflict, is important for everyone's enjoyment of family life. Above are some examples of what you can do at home.

Each week we will focus on a different ingredient of **ESSENCE** (**ES** – Emotional Spark, **SE** – Social Engagement, **N** – Novelty, **CE** – Creative exploration). This week the focus is on **Social Engagement**.

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| Social Engagement | Important connections such a mutually rewarding relationship. |
| Monday | Create a conversation jar – everyone can add topics they want to discuss. |
| Tuesday | Cook a meal together to enjoy eating together. |
| Wednesday | Play a game. If you lose you do a chore. |
| Thursday | Have a family MasterChef or Bake off competition. Share your creation with us on social media. |
| Friday | Have a movie marathon and enjoy relaxing together. |

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](#).