

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



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 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 **Creative Exploration**.

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| <b>Creative Exploration</b> | <b>Seeing the world through a new lens</b>  |
| <b>Monday</b>               | Do the <a href="#">photo a day challenge</a> .  |
| <b>Tuesday</b>              | Find an old T shirt each and redesign it - here are some <a href="#">great ideas for inspiration</a> . Have a fashion show post a photo to our Facebook page!   |
| <b>Wednesday</b>            | <a href="#">Stay out all night star gazing</a> . Grab your coats, find a cosy spot to lie down in your back garden or look out of your window. As you gaze, take some time to enjoy the moment - how does it make you feel? What words can you use to describe your special view? |
| <b>Thursday</b>             | Learn a new creative skill such as sewing, painting, drawing, or cooking.   |
| <b>Friday</b>               | Make a video tutorial of something new you have learnt and send it to us!   |

## 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](#).