

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

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><b>Emotional Health and wellbeing - Connect in with our internal thoughts and feelings.</b></p> <p>Create a weekly schedule, take regular breaks, include daily exercise and periods of reflection and time out away from a screen.</p>
Tuesday	<p><b>Emotional Spark - Passion to live life fully.</b></p> <p>Ask your parents about either an old family, or a traditional recipe, have a go at recreating it – post what you make!</p>
Wednesday	<p><b>Social Engagement - Important connections such as mutually rewarding relationships.</b></p> <p>Set up a virtual meeting to connect with all your friends and extended family, there are various platforms you can use.</p>
Thursday	<p><b>Novelty - Creating new experiences in challenging ways stimulating senses and emotions</b></p> <p>Set up a family talent show! Everyone can take part, what hidden talents are in your family? Upload to our Facebook page your family skills!</p>
Friday	<p><b>Creative exploration - seeing the world through a news lens</b></p> <p>Create a piece of street art within your home or garden. Post a photo of your finished piece to our Facebook page.!</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.](#)