

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

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 **Emotional Spark**.

Emotional Spark	Creating meaning and vitality in our lives
Monday	Create a motivational item for your neighbour – maybe a painted rock with a quote or word for inspiration.
Tuesday	Create a small wildlife haven either in an old egg box on a windowsill or in your garden.
Wednesday	With your family members make a time capsule, bury it somewhere it will be found in many years to come. Share what you put inside!
Thursday	As a family all share the things you are grateful for.
Friday	Create a family blog – “Our life in Lockdown”

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](#).