

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



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 **Novelty**.

Novelty	Creating new experiences in challenging ways, stimulating senses and emotions
Monday	Create a wacky hair style and see who's is the craziest – upload a family portrait.
Tuesday	Do the <a href="#">scavenger photo hunt</a> ! Create a gallery and send us your photos.
Wednesday	Produce a rap or song with your parents and upload it!
Thursday	Learn a dance and let your parents take part.
Friday	Go on a family midnight walk.

## 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](#).