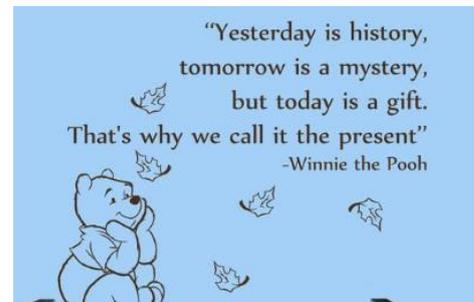


If we think of giving our adolescents a rich diet of social and emotional support, the essence of our diet needs to contain the right ingredients, Dr. Dan Siegel recommends all adolescents have a balance of what he describes as Essence to create the right recipe for healthy social and emotional growth.



Celebrate your child for who they are!

Creative Exploration	Seeing the world through a new lens
Monday	Do the photo a day challenge . Or take a photograph each hour and make a collage of your day.
Tuesday	Find an old T shirt each and redesign it - here are some great ideas for inspiration . Wear your T-shirts and take a family selfie.
Wednesday	Stay out all night star gazing . 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? Can you spot the starlink satellites?
Thursday	Learn a new creative skill such as sewing, painting, drawing, or cooking or teach someone in your family a skill that you are confident in and ask them to teach you in return.
Friday	Make a video tutorial of your new skill and send it to your friends or family. Ask them to follow your tutorial and send a photo of the results!

- ✓ 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](#).