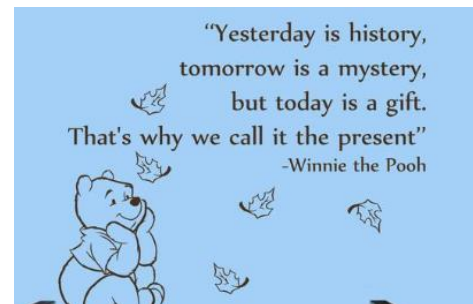


If we think of giving our adolescents a rich diet of social and emotional support, the essence of our diet needs to contain the right ingredients, Dr. Dan Siegel recommends all adolescents have a balance of what he describes as Essence to create the right recipe for healthy social and emotional growth.



## Celebrate your child for who they are!

Creative Exploration	Seeing the world through a new lens
Monday	Do the <a href="#">photo a day challenge</a> . 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 <a href="#">great ideas for inspiration</a> . Wear your T-shirts and take a family selfie.
Wednesday	<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? 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](#).