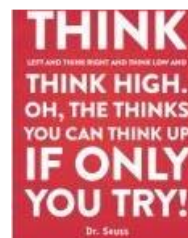


# Celebrate your child for who they are.



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 or bake a cake and ice a message on it.
Tuesday	Create a small wildlife haven either in an old egg box on a windowsill or in your garden. Take a photograph each day and create an on line or paper timeline.
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 – put a note of one thing in a family jar each day and then take them all out after a specific time and create a gratitude poster.
Friday	Create a family blog – “Our life in Lockdown” and share with friends and your extended family that you can’t physically see right now.

## 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.
- ✓ 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.](#)