

Celebrate your child for who they are!



Family is not an important thing,
it's **everything**



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 an inventive and wacky hair style and take photos of each other - who has the craziest hair? – upload a family portrait.
Tuesday	Do the scavenger photo hunt or play the m&m game ! Create a gallery and send your photos to school or friends.
Wednesday	Create a rap or song with your parents and upload it. Have a rap battle and see if you can invent a line each by responding to each other in the moment. Remember to be kind!
Thursday	Learn a dance and let your parents take part – teach your parents to do a TikTok and upload it if you dare.
Friday	Stay up late and go on a family midnight walk – what can you see and hear?

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](#).

