

**Celebrate your child
for who they are!**



We can think of giving our adolescents a rich diet of social and emotional support and that 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 continue to have a focus on the elements of ESSENCE, as well as an element of Emotional Health and wellbeing, to be able to describe how we think, feel and relate to ourselves and others and how we interpret the world around us.

Monday	Emotional Health and wellbeing - connect in with our internal thoughts and feelings. Create a playlist of the highs and lows of lockdown to share with your friends and family. Tell your friends what you are doing and see if they would like to do the same and share as well.
Tuesday	Emotional Spark - passion to live life fully. Create a Japanese haiku poem about your time in lockdown. Send it to your English teacher or another teacher that might like to read it.
Wednesday	Social Engagement - important connections such as mutually rewarding relationships. Set up a virtual scavenger hunt for friends or family that you haven't seen for a while, see which of friends completes the list. They must send you a picture of each item!
Thursday	Novelty - Creating new experiences in challenging ways stimulating senses and emotions. Learn a new skill, maybe learn a new language? Decide with a group of friends what new language you'd like to learn and then each learn a phrase and share. Maybe even challenge yourselves to have a simple conversation by the end of the week.
Friday	Creative exploration - seeing the world through a news lens. Now that the weather is warming up and it's sunny outside. Create a new mocktail or two. Write down what you include, ready to share when you can meet up with your friends.

- 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.](#)

