

Celebrate your child for who they are!



Each week there has been a different focus on the elements of **ESSENCE**, we are now going to add in another 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.



Piglet:
"how do you spell love?"
Pook:
"you don't spell it,
you feel it."

Monday	Emotional Health and wellbeing - Connect in with our internal thoughts and feelings. Create a chill out area in your bedroom or somewhere else in your house - a comfy and cosy space you can go to listen to music, read, reflect, think or relax. Try making this a no screen area.
Tuesday	Emotional Spark - Passion to live life fully. This is 'a unique' period in history and will be remembered for a long time. Create a lockdown Vlog: record, events, thoughts and feelings. Maybe you could interview friends or family and insert their quotes, thoughts and feelings too. Upload it to your laptop or a memory stick so that you can look back.
Wednesday	Social Engagement - Important connections such as mutually rewarding relationships. Create a postcard either a virtual one or a real one and send it to your friends, teachers or family members that you have been missing.
Thursday	Novelty - Creating new experiences in challenging ways stimulating senses and emotions Go on google earth and see what bizarre things you can find. Then set up a virtual find and seek, write out clues for your friends or family to find them. See which of your friends find them quickest! • Somewhere very sandy and hot where nothing really grows is called a..... • If you take air into your lungs you take a deep Now type your answer into the search on google earth!
Friday	Creative exploration - seeing the world through a news lens Create a song, collage, poem, picture, drawing or painting from the view outside your window.

- ✓ 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.](#)