

Thrive activities useful for parents of children up to 16 years old – week five

Each week so far we have had 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. Each week will have one of these elements for you to explore as a family.

Monday	<p>Emotional Health and wellbeing - Connect in with our internal thoughts and feelings.</p> <p>Create a “chill out zone” a safe space you can go to listen to music, read, reflect, think, relax.</p>
Tuesday	<p>Emotional Spark - Passion to live life fully.</p> <p>This is ‘a unique’ period of time in history and will be remembered for a long time. Create a lockdown Vlog: record, events, thoughts, feelings. You may interview friends or family and insert their quotes, thoughts and feelings.</p>
Wednesday	<p>Social Engagement - Important connections such as mutually rewarding relationships.</p> <p>Create a postcard either a virtual one or a real one and send it to your friends!</p>
Thursday	<p>Novelty - Creating new experiences in challenging ways stimulating senses and emotions</p> <p>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 to find them. See which of your friends find them quickest!</p> <p>Here is one to get you going, Somewhere very sandy and hot where nothing really grows is called a.....</p> <p>If you take air into your lungs you take a deep</p> <p>Now type your answer into the search on google earth!</p>
Friday	<p>Creative exploration - seeing the world through a news lens</p> <p>Inspiration isolaion, create a song, a picture, drawing or painting from the view outside your window – we would love to see your creation!</p>

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.](#)