

At this time it is important to think of giving our teenagers a rich diet of social and emotional support, whilst at home. That diet needs to have the right ingredients. Dr Dan Diegel recommends that they have a balance of what he calls 'essence' for healthy social and emotional growth. These activities will help our young people to have a balance of 'essence' and support their growth.



- Create a word cloud - choose a focus, e.g. how you are feeling, and use the link to add words, choose a font, colour, shape and make a 'word cloud'. Share it with others. <https://wordart.com/create>
- Try some breathing activities - <https://www.childline.org.uk/toolbox/calm-zone/>
- Write a poem about life in 'lockdown' and share with others. Here is some inspiration : <https://www.youtube.com/watch?v=c6C7aANdgtQ&feature=youtu.be>
- Write a letter to your future self, talk about how you helped others, the feelings you had at this time and what things you wanted to do when the isolation was lifted.

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](#).