

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.

Essence: **ES** - Emotional Spark, **SE** - Social Engagement, **N** - Novelty, **CE** - Creative Exploration



Challenge activities 1

Emotional Spark - Passion to live life fully.

Ask your parents about either an old family, or a traditional recipe, have a go at recreating it – post what you make!

Social Engagement - Important connections such as mutually rewarding relationships.

Set up a virtual meeting to connect with all your friends and extended family, there are various platforms you can use.

Novelty - Creating new experiences in challenging ways stimulating senses and emotions

Set up a family talent show! Everyone can take part, what hidden talents are in your family? Upload to our Facebook page your family skills!

Creative exploration - seeing the world through a news lens

Create a piece of street art within your home or garden. Post a photo of your finished piece to our Facebook page.!

Emotional Health and wellbeing - Connect in with our internal thoughts and feelings.

Create a weekly schedule, take regular breaks, include daily exercise and periods of reflection and time out away from a screen.

Emotional Spark - Passion to live life fully.

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Top Tips:

- ✓ Draw up a routine of what you are doing and when.
- ✓ Keep cardboard boxes or clean recycling objects to use for arts later.
- ✓ The emphasis is to be alongside and have fun, even if they do not win the game or things don't quite go to plan.