

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.



Challenge activities 3

Social Engagement : Important connections such as a mutually rewarding relationship.

- Draw a jar and fill it by drawing the things you appreciate.
- Create a conversation jar - everyone can add topics they want to discuss. Take one out at a time and talk about it.
- Cook a meal together, maybe something new, eat together and enjoy time with each other.
- Play a game, if you lose you have something to do for someone else.
- Have a family MasterChef or Bake off competition. Share your creation with friends on social media (safely).
- Have a movie marathon and enjoy relaxing together.

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](#).