

Developmental Assets January 2017

Search Institute® found that successful adults have characteristics, skills, behaviors and attitudes that make them successful: Developmental Assets®

The categories are: *Support, Empowerment, Expectations, Time Management, a Commitment To Learning, Positive Values, Social Skills* and *Positive Identity*. With simple actions, anyone can help build the assets in youth. This calendar is provided by **Crisis Connection** with suggestions that can be done by all to be **Partners In Peace** by expressing care, challenging growth, providing support, sharing power and expanding possibilities!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 Say something encouraging to someone.
2 Compliment a teen employee for their work at a restaurant.	3 Insure your computer malware is updated and running.	4 Go for a quick bike ride with a kid to help relieve stress.	5 Have a youth help you determine the true costs of the food you ate today.	6 Have a family meeting & let a child make a decision. Deal positively with the choices no matter the outcome.	7 Tell a story about one ancestor to a child.	8 Ask a young person what they are passionate about.
9 If they are okay with it, give your niece or nephew a genuine hug.	10 Ensure your cell phone's malware is updated and running.	11 Sincerely smile at someone.	12 Tell a kid 'they' should be proud of themselves for something they did.	13 Swap a book with a friend.	14 Tell a kid about the things you do and have done in jobs you've held.	15 Find a quiet space for 5-10 minutes of deep breathing.
16 Eat one new food this week – perhaps from a culture different from any you are accustomed to.	17 Send a handwritten card to a youth.	18 Thank a Police Officer for their service.	19 Have a youth help you look at your security settings for best protection on Facebook.	20 Go to the library and get a book to read or listen to!	21 Push a shopping cart back into the store.	22 Set a homework goal for the week.
23 Bake cookies for someone.	24 Teach a child about personal boundaries/consent.	25 Have your child donate some coins to a charity!	26 Mediate a proper apology with a kid.	27 Join or volunteer for a youth organization.	28 Post a favorite quote you like so you can see it often.	29 Name a few people who support you.
30 Shake hands with a child and give them a compliment while making eye contact.	31 Pick up trash at a park or in the neighborhood.					

Want to know more about creating safe, nurturing environments and ideas for helping young people build assets? Visit www.search-institute.org/assets & www.pinterest.com/crisisconnect

Hotline: 1.800.245.4580 crisisconnectioninc.org