

Developmental Assets February 2018

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 Check out www.changing mindsnow.org	2 Resolve conflict nonviolently	3 Tell the truth even when it's not easy	4 Hold the door for someone
5 Read 'Grit' by Angela Duckworth	6 Be goofy for a little bit	7 Be yourself	8 Give someone a compliment	9 Let someone know they matter	10 Smile	11 Keep your head up
12 Take an extra minute on personal hygiene today	13 Help someone through a break- up	14 Sit with someone different at lunch	15 Learn to play an instrument	16 Talk to someone about their spirituality	17 Don't spread rumors	18 Help a young person discover their purpose
19 Watch a 'Kid President' YouTube video	20 Share your favorite book with a kid	21 Read 'Parent, Teacher, Mentor, Friend' by Peter Benson	22 Discuss a child's dreams and nightmares with them	23 Learn more about 'mindfulness'	24 Ask a kid, "How are you?" Then truly listen	25 Put yourself in someone else's shoes
26 Teach a kid to listen to their inner voice and trust their intuition	27 Acknowledge a teen's feelings	28 Have a 'no screens' dinner				



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

Hotline: 1.800.245.4580 crisisconnectioninc.org