

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

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

