

# Developmental Assets March 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 Love yourself	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 Practice empathy	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 Make a blanket fort	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 Make a family calendar together	29 Make your own stained glass drawing with crayons	30 Learn to play your child's favorite videogame	31 Go camping	
						

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

Hotline: 1.800.245.4580 [crisisconnectioninc.org](http://crisisconnectioninc.org)