

Developmental Assets February 2019

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



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