

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

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.crisisconnectioninc.org](http://www.crisisconnectioninc.org) & [www.pinterest.com/crisisconnect](http://www.pinterest.com/crisisconnect)

