

Resources by Asset

1. Family Support

- Play Jenga and talk about how important it is for family members to support each other (especially good when the tower finally crumbles!)
- Play Pick-Up-Sticks and talk about family support (Make your own game by buying bags of kabob skewers!)
- Build with Moon Sand and talk about family support (8 cups of all-purpose flour – not gluten-free and 1 cup baby oil mixed together)
- Read a story about how a cable is made strong by having many individual cords wrapped together. Talk about how much stronger your family is when you're all working together as one.

2. Positive Family Communications

- Play a game of telephone. Come up with a sentence and whisper it ONCE to the person next to you. They repeat it ONCE to the next person and so on. When it has gone to each person in the family, have the last person say the sentence as they heard it. Talk about how good communication is so important to your family and how mixed-up messages can cause a lot of trouble!
- At dinner, have each person tell the highlight of their day and the lowlight of their day. Celebrate the victories and encourage each other in the disappointments.
- 101 Things to Ask Your Child momhacks101.com/101-fun-questions-for-kids

3. Other Adult Relationships

- Adopt a senior center or nursing home and go for visits. Encourage your kids to talk to the residents and ask about their stories. Sing for them or play games with them. Have your kids read their favorite book to the residents. (Helps with reading too!!)
- Choose an aunt or uncle and make goodies for them. Visit them, especially if they are elderly. Have your child(ren) ask them if there are things they can do to help them. Help cultivate relationships between them and your children.
- Adopt an elderly neighbor and take goodies to them. Offer to help them with dishes or yard work. Take them birthday and Christmas presents. Invite them to Thanksgiving or Christmas at your home if they have nowhere to go.
- Ask older family members or friends to talk about their childhood with your kids. Your children can ask them questions: What was their favorite activity? What was their least favorite chore to do? Tell us about a time when you met an obstacle in your life and how you overcame it. Record their answers and either make copies or write short stories and have them printed in a book (Shutterfly, Mixbook, Blurb, etc.)

4. Caring Neighborhood

- Adopt a portion of your neighborhood and periodically clean up the trash in that area with your children. Encourage other friends in the area to do the same with their kids.
- Choose a family in the neighborhood and make friends with them.
- Adopt a neighbor and offer to help with yard work, house cleaning, etc.
- Plan a game night and invite some new neighbors to participate.

- Set up a meal train with your neighbors. Whenever someone in the neighborhood is sick has a new baby, or circumstances arise that would be good to help with meals, contact the train and have everyone bring a meal a night for a week or two.

5. Caring School Climate

- Talk to your child about bullying
- Make sure your child(ren) know their school's bullying policy and who to report to.
- Make a contract with your child(ren) to report bullying immediately
- Let your kids know that you won't tolerate them bullying others or someone bullying them.

6. Parent Involvement in School

- Become a room parent! Offer to help the teacher with parties and other things in the classroom throughout the year. (Dads, this is really fun!)
- Visit the classroom a few times during the year.
- Schedule a meeting with the principal just to get to know them. Let them know that you support them and ask if there are ways you can help out.
- With the help of other parents, plan a teacher appreciation lunch. Talk to the attendees and let them know how grateful you are to them for teaching your kids!
- At dinner, talk to your kids about their schooling. What did they like about today? What did they learn? What can they do better tomorrow?
- Read, read, read!
- Library Launch – plan a trip to the local library. The librarians will give you a tour and help you find books for you and your kids. Everyone gets to take a book home to read and then take back before the due date! Consider allowing someone to read from their book for a few minutes after dinner in over.

7. Community Values Youth

- Get together with other families and find a community project to do together.
- Look for ways to get involved in your community as a family.

8. Youth As a Resource

- Have an honor night with your family. Talk about how each person is valued and what they bring to your family and to your community.
- Help kids find ways to get involved in their community.
- Practice listening to your children and really hearing how they think and feel about things. Respect their thoughts and ask for their opinion.
- Listen for clues to what is important to your child. If they are tenderhearted, try volunteering at an animal shelter or serve meals to the homeless. Then talk about ways to make life better for those who are experiencing difficulties.

9. Service to Others

- Have your family exchange names. Ask the person you drew what you could do for them that would help them feel loved or appreciated throughout the week. Then do that for them for a week.
- Check with your favorite organization and see if there are service projects you and your kids can take part in and then sign up to help.
- Be a part of a clean-up day in your city and make sure your kids help out.

- Have your kids make cards for their grandparents' or other special family members' birthdays and encourage them to help plan a celebration for their special day.

10. Safety

- Talk to your kids about staying safe. Who is ok to talk to – and who is not? Help them know what to look for. Check out the Polly Klaas Foundation website for a free Child Safety Kit (<https://www.pollyklaas.org>)
- Give your kids a safe place to go if they need an adult. Provide phone numbers for their safe adults so if they need to call, they can. Talk about what situations would warrant a call to their safe adult(s).
- Talk about police officers and calling 911 and explain when it is appropriate to use the emergency number.
- Get your kids certified in CPR
- Have a plan for fire and practice it regularly with your kids.
- Have a plan for threatening weather events and make sure your kids know the plan.

11. Family Boundaries

- Talk as a family about the “house rules.” Have your kids help come up with the guidelines. How will they be enforced? What are the consequences for violating a house rule?
- Have clear rules for your child's whereabouts. Write them down and put them where they can be seen. Talk about them at dinner so everyone understands them. Explain why you've made the rules – because you care about them and want to be sure they are safe.

12. School Boundaries

- At the beginning of the school year, go through the school rules with your kids.

13. Neighborhood Boundaries

- Make sure your kids know if there are no-go-zones in your neighborhood, where those are, and why you're asking them not to go there.
- Start a habit of having your kids check in with you when they are with friends.
- Consider downloading an app that tracks their location if they have a phone.

14. Adult Role Models

- Talk with your kids about safe adults (<https://www.pollyklaas.org>)
- Get your kids involved in activities where they are around safe adults they can look up to.
- When you watch sports, or television, or movies, talk about the characters they're watching. Are they good influences? Bad? What makes them a good influence or bad? Who are their heroes? Why do they admire them?

15. Positive Peer Influence

- Talk to your child about what makes a good friend (honesty, loyalty, caring).
- Talk about bad influences and bad choices and how to avoid them.
- Encourage their friendships with kids who are safe and respectful – of them and others.

16. High Expectations

- Talk to your child about your expectations of them. Make sure those expectations are attainable for your child. Let them know that you aren't asking for perfection, but you do want them to succeed and do their best.

- Consider making a “Family Expectations” poster together. What do we want our family to be about? Write those things down and talk about them frequently.

17. Creative Activities

(See Creative Activities Ideas Resource)

18. Youth Programs

- Check with community organizations like the YMCA or Boys and Girls Club for youth programs that would interest your kids.
- Ask if your child’s school has any after-school programs or other groups they offer.
- Celebrate with your kids when they have a win!

19. Religious Community

- Make going to church, synagogue, temple, or mosque a family tradition.
- Take advantage of the youth programs offered at your house of worship.
- Talk to your kids about what they are learning in their faith community.

20. Time at Home

- Make a list of things your kids can do other than play video games or be on a device. When they are bored, refer to the list. You may want to have a list for each child based on their age!
- Have a box of craft supplies ready to pull out when they are bored or begging for something to do. Look for much of this at Goodwill or Salvation Army!
- Put up a family calendar and schedule things for each child. That way they have something to look forward to.
- Make a family responsibility chart and have each child perform age-appropriate tasks throughout the week. Rewards don’t have to be monetary. Reward them by spending time with them alone talking and listening.
- Refer to our Creative Activities and Commitment to Learning Resources.

21. Achievement Motivation

- Remember to compliment your child when they do well on something, especially a school assignment. Do it as soon as you know about it, but if you can’t and you need help remembering, set a reminder on your phone.
- Consider having a family awards night where school performance is highlighted at dinner or after the family meal. Talk about the successes and failures and give encouragement for both.
- Set goals for school with each of your kids. Remember to celebrate even the smallest successes as your child works on achieving his or her goal.
- Talk about why it’s advantageous to do well in school (good grades, ability to read well, achieving their dreams, a sense of personal accomplishment)
- Refer to our Commitment to Learning Resources.

22. School Engagement

- Volunteer to help in your child’s classroom.
- Talk to your child about school and encourage them to talk about both the good things and the not-so-good things. What do they like? What do they dislike? Are there things you can do to help them with the things they dislike?
- Attend school functions with your child.

- Attend a school board meeting at least once a year.
- Get involved with parent groups sponsored by your child's school.
- Refer to our Commitment to Learning Resources.

23. Homework

- Have a set time for homework each day. If your child goes to after school care, ask them to help complete homework so you can check it over at home later. If you're at home, consider allowing them to get a snack and tell you about their day, then complete all homework before dinner. If you work, have them work on homework while you prepare dinner or have a time after dinner in which they complete it. Whatever works best for your situation.
- Remember to check their work!
- At least once a week, use the online portal from your child's school to check their progress, completed assignments, missing assignments, etc.
- If they're not making progress, schedule to meet with their teacher and come up with a plan to help your child move forward.
- Refer to our Help with Homework Resource.

24. Bonding to School

- If you feel like your child hasn't bonded to their school, ask them to share their reasons. Talk about those issues and ask if there are ways you could help them care more.
- Discuss your child's disinterest in school with their teacher or administrator. Ask if they have any suggestions. Make a plan with them to help change the way your child thinks about their education.
- If your child is anxious about school help them by talking about their fears. Make a plan to help ease their fears (ask a school counselor to help you with this).
- Teach them box breathing to reduce their anxiety level. Breathe in for a count of 1-2-3-4 then hold your breath for 1-2-3-4. Now breathe out for 1-2-3-4 and at the end, hold your breath again for 1-2-3-4. Repeat until the anxiety level is reduced.
- Teach your child 5-4-3-2-1. Name 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell and 1 thing you can taste. This helps them focus on the moment and reduces the anxiety effectively. They can do this over and over as many times as necessary.

25. Reading for Pleasure

- Plan a visit to your local library. Make it an event. Plan for it, talk about it, put the date on the calendar. Call the library before your visit and ask a librarian to meet you and give you and your kids a tour so they feel more comfortable. Talk about borrowing a book to read and returning it. Once there, help your child pick out one or two books and get one for yourself! Spend some time in a quiet area reading. Many libraries have events planned all the time. Get a schedule and talk to your kids about their favorites. After your visit, talk about what they liked about the library and what they didn't. What are they looking forward to when they return their books? Start planning your next visit!
- As odd as it sounds, make sure your kids see *you* reading! Consider spending some time reading while they do their homework.
- Talk to your kids about what you're reading.
- Talk to your kids about how things work. There are many TV programs and YouTube videos now that show how things are made. Try to watch a few with your kids.
- When you're out running errands with your kids, talk about where you are, what you're seeing, where you're going. Ask questions even if you don't know the answer, then work together to find the answer!

- Buy inexpensive age-appropriate books and have them in the house. Goodwill, garage sales, etc. often have books at reasonable prices.
- Plan a “reading time” every week where every family member takes 30 minutes to sit quietly and read something of interest to them.
- Subscribe to a magazine or other publication that interests your child. Read it with them and have them read it to you as well!

26. Caring

- When friends or family members are hospitalized, have your kids help put meals together for the family.
- If you have friends, family or neighbors who need assistance, work together as a family to provide for their needs. Have your kids take part in all of it from planning to delivering.
- If your child sees someone being bullied at school, encourage them to be friends with that child.
- Encourage your kids to be friends with kids at school and in the community who are physically or learning-disabled.

27. Equality and Social Justice

- Volunteer as a family at a local soup kitchen
- Pledge to give money as a family for people in need and encourage your kids to give something as well.
- Teach your child about their culture and encourage them to read about other cultures.
- Plan a dinner around a different culture each month and have each child learn something about that culture to share with the family.

28. Integrity

- Allow your children to see you making mistakes and fixing them.
- When you mess up with your kids, admit it and apologize.
- Refuse to take advantage of others or to allow your children to take advantage of others.
- Stand up for what you believe in and encourage your kids to do the same.
- Catch your child showing integrity and generously praise them for it!

29. Honesty

- Teach your kids the difference between honesty and answering diplomatically. Telling the truth is not the same thing as saying every thought or feeling you have.
- Watch for teachable moments about honesty – like tax-filing time and the day you get too much change from a cashier at the supermarket.
- Catch your kids being honest and praise them for it!

30. Responsibility

- Age-appropriate responsibilities around the house are a great way to teach kids.

31. Restraint

- Talk to your child about healthy sexuality.
- Why is it better to wait to have sex?
- Talk about the dangers of alcohol and illicit drug use.
- Make uncomfortable topics safe to talk about in your home.

32. Planning and Decision Making

- Help younger children make decisions by limiting the number of choices so it's easier for them to decide.
- Talk about how to make good decisions.
- Give your child the opportunity to make choices early and often so they feel empowered to do so.
- Allow natural consequences when poor decisions have been made.
- Help your child create a savings plan for something big they'd like to purchase. Along the way, talk about the choices it will take to make it a reality.
- Involve your kids in the budgeting process so they can see how much it costs to feed and clothe your family and the hard choices you must make in order for that to happen.

33. Interpersonal Competence

- Encourage your child to invite other kids to your home or to make play dates with other children.
- Help them navigate disagreements and find their own solutions.
- Allow other children to take part in family activities.
- Talk to your child about the importance of friendship and how to be a good friend.
- Be a good friend!

34. Cultural Competence

- Talk about other cultures and encourage your child to find out about another culture.
 - i. Read books
 - ii. Watch videos (check these out at the library for free!)
 - iii. Take part in cultural events in your community
- Talk about your friends from other cultures and spend time with them.
- Attend festivals, events, and community celebrations of other cultures in your area.
- Plan a different cultural night each month
 - i. As a family, prepare foods that are native to that culture
 - ii. Encourage each family member to learn something about that culture
 - iii. If you have a friend from that culture, invite them for the meal and have them talk about their culture

35. Resistance Skills

- Talk to your child about saying no to behaviors that would be harmful.
- Role play what it would be like to be in that situation and what they would say.
- Encourage your child to tell you immediately when they've been asked to do something they know would be harmful.
- Foster a safe environment at home so your child will feel comfortable telling you the hard stuff.

36. Peaceful Conflict Resolution

- Role play what to do if they encounter bullying or someone wanting to fight.
- Talk to a school counselor about how to talk about bullying with your kids.
- Model how to peacefully resolve conflict in your own home.
- Encourage your child to treat their siblings and friends with kindness and to resolve disputes peacefully.

37. Personal Power

- Give your kids age-appropriate choices so they feel a sense of personal power.

- If another sibling is treating them disrespectfully, help them talk through what's happening and teach them to listen to each other's point of view.
- Practice listening to your children, even the littlest ones. Talk to them about their point of view and encourage them to think independently.

38. Self-Esteem

- No One Else Like Me activity
 - Have your child draw a picture of themselves.
 - Have them tell you some of their best character traits and write those on the picture.
 - Hang them in your home and refer to them often when you're praising them for something.
 - Encourage other family members to affirm them as well.
- Praise your child! Notice the things they do that are right and point those out often.
- When grades come out talk about how proud you are of the work they've done. If not every grade was an A, that's ok! Talk about giving each assignment their best effort.
- Give your kids a hug every day and tell them how much you love them.

39. Sense of Purpose

- Every child has talents and abilities. Notice your child's unique strengths and encourage those. If your child is good at math, furnish math books for them to enjoy. If they love art, buy them art supplies so they can learn.
- Put your child in classes that will foster a love for those things in which they excel.
- If they're good at sports, put them on teams.
- If they love to read, take them to the library.
- Careful of time wasters. They may be very good at video games, and you can encourage them in that, but too much time on any medium is not good. Make sure they have enough imagination and creative play time in addition to the time they spend on devices.

40. Positive View of Personal Future

- Talk to your child about their future. It doesn't have to be big topics like what college they are going to attend, but just about what excites them.
- Plan events that your child can look forward to.
- Countdown to important days (birthdays, holidays) so your child knows that good things are coming.
- In the summer, talk to your child about the upcoming school year (Briefly! After all, it is summer vacation!). What do they want it to be like? Who do they hope will be their teacher? Will their friends be there, or will they be making new friends?
- Give your child exposure to lots of different futures.
 - Talk about what you do.
 - Talk about the work in which your spouse or the child's grandparents or other family members are involved.
 - If your child is older, talk about possible futures for them.
 - Always make sure you are talking about the future in positive terms.