



# Asset-Building Ideas for Children

Developmental Assets are the things all people need to be happy and successful in life. People of all ages can build assets. Here are ideas for how you can build assets:

- Say hi to people you know. Smile at them.
- **Help your friends when they need help.**
- Follow the rules that adults set. If you don't understand a rule, ask questions. If you think a rule isn't fair, tell someone.
- **Tell a friend about your day.**
- Play with a younger child. Play what that child wants to play.
- **Pick something to learn about. Look at books. Ask adults about the subject.**
- Thank people when they do something nice for you.
- **Tell people how you feel.**
- Teach somebody how to do something. Can you stand on your head? Whistle? Tie shoes? Do yo-yo stunts? Make up jokes?
- **Invite someone new to play with you and your friends.**
- Look at books with another child. Read aloud if you know how, or make up a story to go with the pictures.
- **Don't worry when you make mistakes. Everyone makes mistakes sometimes. Mistakes can help you learn.**
- Ask other people how they are feeling.
- **Volunteer to help someone do something.**
- Try a new, safe activity—even if you're not sure you'll like it.
- **When someone does something that hurts your feelings, tell that person. Explain why it made you feel sad.**
- If someone is being a bully to you or someone else, ask him or her to stop. If that doesn't work, tell an adult.
- **Give your family ideas of fun things to do together.**