

**SOCIAL AWARENESS**

1. Visit YMI Cultural Center, Asheville Art Museum, do a RAD Studio Stroll, do Asheville Walking Tour, Biltmore House, Smith-McDowell House, Thomas Wolfe Memorial, Vance Birth Place, Cradle of Forestry, Carl Sandberg Home, Cherokee Reservation
2. Volunteer with your Little – MANNA, Brother Wolf, Humane Society, Care Partners, etc
3. Use “teachable moments” to teach empathy – e.g. when Little shares an incident that happened at school where they or someone else wasn’t treated fairly or kindly, current events – news stories
4. Visit an ethnic restaurant to try different kinds of foods
5. Attend one of the many festivals that take place in Buncombe County – the Greek festival, Goombay, LEAF, Shindig on the Green, Downtown After 5
6. Walk by the river – notice the current, the erosion, the amount of trash
7. Visit a local farm to see firsthand where food comes from
8. Go to the WNC Fair at the Ag Center in the fall and spend some of your time there in the educational parts
9. Go to your local fire station or police department and ask for a tour
10. Attend plays,concerts, art shows, etc with your Little
11. Go to public places like the mall, downtown, flea markets – just for fun but also to see different kinds of people
12. Visit one of the many outdoor sites in the area: Bent Creek, The Arboretum, Blue Ridge Parkway, Botanical Gardens at UNCA, Sliding Rock, Mt. Mitchell, Grandfather Mountain, Chimney Rock, Looking Glass Falls, Graveyard Fields, etc
13. Visit art galleries – ask questions: Do you like that? Would you buy it? How much would you spend? What is considered art? What art would you make? Where would you put that piece of art and why? How does that one make you feel?

**SELF MANAGEMENT**

1. Help Little identify an area where they need to learn self-management skills
  - keeping room clean
  - completing and/or turning in homework
  - feeding/walking/care for pets
  - staying focused on an activity (either at school or home)
2. Help Little develop a plan for achieving this
  - use checklists
  - use sticker charts
  - use organizational tools such as color coded folders, planners, etc
  - use self-prompts – something to remind them but meaningless to those around them
  - use of timers and calendars
3. Help Little set goals and develop a reward system
  - Example goals for keeping room clean:
    - Put dirty clothes in hamper each night

- Put toys back on shelf after playing with them
  - Make bed each morning
  - Put all dishes, food wrappers, drinks, etc. in sink or trash
- Use a check list or sticker chart to track success
- Decide on a reward for successful completion
4. For older Littles, help them with planning for graduation and beyond. Find out what courses they need to take and when, when they need to take the SAT, when they need to complete college applications (and help with that if needed).
  5. Take you Little on errands with you that they might not have experienced – the bank, the post office, the grocery store, the pharmacy
  6. Build something with your Little – have them help measure, make a plan, buy supplies, follow plan
  7. Sew something with your Little – have them help measure, make a plan, buy supplies, follow plan
  8. At a holiday or birthday, consider opening a savings account instead of giving your Little a big gift. Help them learn to save
  9. Have your Little help set a “budget” for your time together – e.g. 20 min. for travel, 45 min. for eating, 1 ½ hr. for hiking, 30 min. for ice cream
  10. For older Littles – make a budget based on their income from afterschool job
  11. Ask your Little what they do when they need help with something at school. If they are reluctant to ask for help, offer suggestions about ways they might seek out help when they need it.
  12. Help your Little obtain a library card and visit the library often
  13. For older Littles, learn to take care of a car – wash, change oil, check tires and fluids, etc
  14. For older Littles, paint their bedroom
  15. For older Littles, learn to do yard work – mowing, trimming, planting
  16. Exercise with your Little (YMCA membership is provided for matches)
  17. For older Little Sisters – plan a spa day to introduce your Little to a daily cleaning routine. Purchase an inexpensive cleanser, toner and moisturizer. Arrange the products in the bathroom with a washcloth, cotton balls, headband, hand towel, robe, slippers and chair. Have her put on robe and slippers and while sitting in front of mirror, apply the cleanser, then toner, then moisturizer, taking your time and explaining what each one does.
  18. For older Little Sisters – have a manicure day to teach nail care. You will need a bath towel laid on the table, bowl with warm sudsy water, hand lotion, nail file, clippers , nail brush and nail polish.

### **RESPONSIBLE DECISION MAKING:**

1. On outings, present opportunities for your Little to make choices (menu options, what movie to see, what activity to do at the Y, etc). Teach them to consider the following when making a decision: Why do I want to do this? What are my options? What are the consequences of my choice? How will my decision affect others? Is this decision in my best interest? Some questions may not be relevant for every decision, but the act of giving thought to what you do before you do it will hopefully become a habit.
2. Playing board games and card games that require using strategy and planning

3. Talk about money, budgeting, saving with your Little. Figure out how much something would cost, how much would need to be saved, how long it would take
4. Talk to your Little about your own saving plans
5. Take your Little grocery shopping with you. Talk to them about the choices you are making buying your food based on price, quality, nutritional value, etc.
6. Visit local colleges – even young kids can benefit from walking around the campus and get a sense of what college feels like
7. Watch sports with your Little – discuss strategy and skills
8. Teach your Little a game of strategy – like chess, checkers, backgammon
9. Have your Little figure out the tip when you eat out together
10. Take your Little to your workplace if appropriate and safe. Talk to them about how you chose this job, what training you had to have, other jobs you've held previously.
11. For older Littles, help them build a resume, practice interview skills with them
12. For older Littles, help them study for their driving test. Talk to them about safe driving habits and model those for them on your outings.
13. Use the CFNC website to help your Little explore career and education options, identify areas of interest and ability, etc. [www.cfnc.org](http://www.cfnc.org) This website has activities for all ages

## **SELF-AWARENESS**

1. Buy or make a journal for your Little. Encourage them to write in it a few times a week. They can write about things that made them happy, sad, angry, disappointed, frustrated, etc. They can share it with you if they want to.
2. Help your Little make a Self Collage – cut pictures from magazines that represent things that they like to do, things they are interested in, possible career choices, etc. You can make one for yourself as well – the Little would probably enjoy seeing that too!
3. Have your Little write a letter to themselves, telling what they like to do, who their friends are, what they don't like, any other things about themselves they think are important. You keep the letter and give it to them after a year, or on their next birthday.
4. Share your hobbies with your Little – build their knowledge about the things that are important to you and help them define their own interests and develop outlets for them. Some possibilities to explore: model building, photography, collecting something (stamps, coins, buttons, postcards, rocks, etc), painting/drawing, sewing, embroidery, crocheting, knitting, sculpture, pottery, cooking, hiking, mountain biking, skateboarding. The ideas are practically limitless.

## **RELATIONSHIP SKILLS**

1. Modeling active listening, eye contact, expressing disagreement in a constructive manner
2. Model for your Little how you interact with different kinds of people – friends vs. elders vs. authority figures vs. strangers, etc
3. Attend group events, help Little mingle

4. For younger Littles, play a game where you make different faces and they have to decide what emotion you are expressing
5. For older Littles, talk to them out what makes a good friend, how to be a good friend, what do they look for in friends, etc.
6. If you attend a sporting event with your Little, point out any instances of good sportsmanship you observe and talk about why that is an important part of playing sports.
7. Play board games with your Little. They are great for teaching math and problem solving skills while also developing relationship skills.
8. Cook together – also supports math and problem solving
9. If your Little is having a conflict with a teacher, talk it through and maybe role play ways of dealing with the issue. If the conflict is with other students, talk through options and practice what your Little could say to the friend