

# May Asset of the Month

## **CONSTRUCTIVE USE OF TIME**

*Young people need opportunities – outside of school – to learn and develop new skills and interests with other youth and adults.*

1. Creative Activities – Young person spends three or more hours per week in lessons or practice in music, theatre or other arts.
2. Youth Programs – Young person spends three or more hours per week in sports, clubs or organizations at school and/or the community.
3. Religious Community – Young person spends one or more hours per week in activities in a religious institution.
4. Time at Home – Young person is out with friends “with nothing special to do” two or fewer nights per week.

### **PRACTICAL TIPS TO TEACH CONSTRUCTIVE USE OF TIME TO YOUR CHILDREN AND YOUR NEIGHBORHOOD CHILDREN**

- ◆ Create a booklet or passport for your child to record her or his community service hours.
- ◆ Organize a neighborhood thank you after a youth work project; ask local businesses to donate “rewards.”
- ◆ Adopt a “big brother” system in your neighborhood, pairing older and younger participants; for example pair a high school soccer team with an elementary soccer team and have the older participants teach the younger participants skills.
- ◆ Create a list of 50 “free and fun” things to do this summer and publicize it in your neighborhood.
- ◆ Enroll your child in a fun leisure class this summer; check out local crafts merchants and see what they might offer in the way of classes for kids.
- ◆ Go on a local “field trip” this summer; visit local Houston and Houston area places.
- ◆ Organize a fishing expedition or horse-riding outing for your child and friends.
- ◆ Attend local festivals or celebrations this summer.
- ◆ Walk or bike each evening with your family.
- ◆ Get your child a library card from the local library and make use of it. There are programs offered for reading every summer that you can participate in.
- ◆ Set a goal of reading a certain number of books for your child this summer.
- ◆ Allow your child to create a mini reading list for you for the summer and set aside the hottest time of the day to read quietly together.
- ◆ Assign your child a night to be responsible for the family meal and help them plan the menu, shop for the supplies and cook the dinner. Be flexible!