

YSCC News



Kids Become Leaders

November 2012

Did you know?

- Gratitude is the most powerful of all the positive emotions, forming a solid foundation for experiencing more happiness, optimism, hope, and joy. The practice of being grateful shapes your worldview toward noticing abundance versus scarcity, since it focuses on what you Have versus what you Lack. Grateful people make better friends, parents, coworkers, and leaders. When you practice gratitude, you will feel more content with the world.

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We are in need of volunteers! Like to play with kids? Organizing more your interest? Are you a handy man or woman? We have needs of all kinds! Call 227-2622 to find out how you can get involved and MAKE A DIFFERENCE TODAY!

Youth Services of Creek County is a nonprofit 501(c) (3) tax exempt agency and a member of the Tulsa Area United Way. We are proud to be the only non-billing agency in the area that provides services to all Creek County residents free of charge. Contact us at www.yscc.net or 918-227-2622

Being Thankful the YSCC Way

This month, thankfulness is expressed in many ways from sales, to cards to Facebook posts. We would be remiss if we didn't express our appreciation, but beyond just giving thanks, we feel deeply grateful, indebted and appreciative to the caring and supportive group of individual who work so hard to pour into the lives of children.

Every year there is an amazing amount of love, acceptance and caring demonstrated through seemingly mundane

tasks; paint applied, meals cooked, cards sent, kind words spoken, gutters cleaned, weeds picked, games played, clothing, books and toys donated. Yet all of those things make a huge impact to the kids that come to us each year. You don't have to believe me, read a few of the quotes from those who have experienced it themselves:

Our Executive Director: "Our kids are lifted up by the amazing amount of support shown by our

community members. Thanks to all who participated this year in our fundraising campaigns."

A quote from a kid: "I really enjoyed being here with you guys and I will miss you guys so much!"

I have enjoyed every minute with you guys you made me see hope..." said a former client.

For every volunteer, employee and donor who touched a life this year, may we say how truly THANKful we are!

10 Ways to Build Your Child's Self-Esteem

Having a healthy self-concept is something to be thankful for. Helping your child develop self-esteem can seem like a challenging task. A child with a healthy self-esteem wears it like a coat, insulating her from negative influences. Said another way, a child with a high self-esteem is less likely to engage in risky behaviors, including disordered eating, cutting, bullying, smoking or drinking. (National Report on the State of Self-Esteem, June 2008). Having a healthy self-concept means that your child become aware of their strength and learns to learn from their

limitations. Practicing these tips sets up an environment where your child feels safe to be themselves and encouraged to openly communicate with you, which opens the door to your continued ability to build them up. That is something a parent can truly be thankful for.

1. Communicate openly with your child. This includes listening to them
2. Spend time with your child.
3. Include your child in family discussions and value his/her opinion
4. Try to understand your child's point of view

5. Give your child responsibilities that are age appropriate
6. Set firm limits. Children thrive when they know what is expected of them
7. Tell your child exactly what makes them magnificent. Offer sincere and specific praise and encouragement often
8. Help your child set goals and work toward accomplishing them
9. Remind your child to keep things in perspective and learn from mistakes. Trying your best is important
10. Be a good role model. Feel good about yourself

Teaching Children To Be Thankful



As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

- John F. Kennedy



As members of society, children have learned what they have seen, materialism and wanting to excess with no need for gratitude, is the norm. Thankfulness means being grateful for things and knowing how lucky we are to get them. It's a lesson that children, and some adults, need to be taught.

Instructions

1. Expect good behavior and grades as the norm and not a special occasion for rewards. Just because the kids are behaved and not pulling down the rafters at the store doesn't make it necessary to get them some sugary sweet treat.
2. Reward children with your time and love and not always a material object. Plan a special cooking time, or an hour of your undivided attention as an incentive for a wonderful gesture or

thoughtful action your child performed.

3. Volunteer at places where you can bring children to help. Soup kitchens, Red Cross local offices, churches and clothing banks always need people to help those in need. The feeling of helping others makes people feel better and hopefully motivates them to show gratitude to others when they help or do something to them. Contact the place you want to volunteer to make sure it is an appropriate place for the child's age group.
4. Show your thankfulness every day by practicing what you preach. Whether you pray together as a family, say grace at the table or just give hugs and thanks that you are a family together, the sentiment will rub off on the

children.

5. Practice thankfulness all year. "Thank you" and "please" are small but effective ways to show gratitude and to keep the thoughtfulness mood rolling throughout the year. Small gestures of niceness can become contagious.

6. Make a big deal when you do reward children for their special actions and achievements. They work hard to attain their goals and make you proud and do deserve treats now and then.

7. Be grateful for your own trials and tribulations. It is easy to be thankful when we are happy. The true test of a grateful heart lies in being thankful when things are hard. Being honest about struggles yet thankful teaches children that inner gratitude is much deeper than our circumstances

Thanksgiving Table Games for the Family

Thanksgiving is one of those rare holidays that expectations for entertainment are low. Thanksgiving is about enjoying your loved ones and just spending time together. Here are some games that will keep you together, and having fun longer. Just remember to express your appreciation to the cook before you start playing.

Thanksgiving Bingo Placemat

- create your own bingo placemats by drawing a bingo card on large

sheets of paper. In the squares write items to be found at your Thanksgiving celebration (include food, people, activities, special traditions or mementos). Be sure to make each card different! Create a master set by writing every item down and cutting them out to be "called". Play throughout the day, award prizes such as "no dishes duty", "leftovers to take home" or "nap".

Turkey Football

- make your own paper football game by

folding a quarter sheet of paper into a small triangle. To play, take turns flipping the football between fingers upraised to simulate goal posts. For added fun, draw a turkey with upraised wings to use as goal posts. Pilgrims and Indians can be made to simulate players.

A – Z Thankfulness

- take turns sharing what you are thankful for. Pick someone to start and go around the table naming one thing each person is thankful for for every letter from A – Z.