

PLANNING TOOL: Linking Program Activities to 7 Developmental Needs and 40 Developmental Assets*
(For Generating Ideas to Expand and Enrich Ongoing Activities, Long-Term Projects, Club Activities, and Theme-Based Activities)**

ACTIVITY TITLE _____ TARGET AGE(S) _____

BRIEF DESCRIPTION (GENERAL OVERVIEW; PURPOSE OF THE ACTIVITY SET, PROJECT, OR CLUB; WHAT YOUTH WILL DO):

OPPORTUNITIES IN THIS ACTIVITY THAT SUPPORT DEVELOPMENTAL NEEDS AND BUILD DEVELOPMENTAL ASSETS
(Identify any that could be used to enhance and expand the activity.)

1. The Need for PHYSICAL ACTIVITY

Opportunities this activity provides for meeting this need. Check those that apply and add comments for items checked in the space provided.

___ learning, practicing, and developing large and/or small muscle skills:

___ exercising, building stamina, developing coordination:

___ working at physical challenges:

___ balancing exercise and relaxation (pacing):

___ developing healthy habits:

___ learning to live a healthy lifestyle:

___ other:

Opportunities these activities provide for building Developmental Assets. See list of External and Internal Assets. List and describe those that could be linked to the above physical activities:

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**Related Resources: *SA DEVELOPMENT. 40 Developmental Assets* and *SEVEN DEVELOPMENTAL NEEDS. Implications for School-Age Programs*

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2. The Need for COMPETENCE AND ACHIEVEMENT

Opportunities this activity provides for meeting this need. Check those that apply and add comments for items checked in the space provided.

___ assessing talents and abilities – testing out competencies:

___ setting goals for achievement:

___ learning skills and habits that promote school success:

___ participating in activities that encourage responsibility, resourcefulness, reliability, and resiliency:

___ using talents, abilities and skills in the “real world”:

___ demonstrating accomplishments:

___ experiencing success:

___ being acknowledged and rewarded for achievements:

___ other:

Opportunities these activities provide for building Developmental Assets. See list of External and Internal Assets. List and describe those that could be linked to the above competence and achievement activities.

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3. The Need for SELF DEFINITION

Opportunities this activity provides for meeting this need. Check those that apply and add comments for items checked in the space provided.

___ exploring and learning more about personal talents, abilities, and skills:

___ learning more about family and personal history:

___ exploring and learning more about emerging interests and concerns:

___ reflecting on emerging values, attitudes, beliefs, morals:

___ creating a vision of the future; exploring dreams and goals:

___ developing self-respect and appreciation:

___ developing respect and appreciation of others who have different interests, capabilities, backgrounds, skills, and talents:

___ connecting with positive adult role models to explore options for the future:

___ other:

Opportunities these activities provide for building Developmental Assets. See list of External and Internal Assets. List and describe those that could be linked to the above self-definition activities:

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4. The Need for CREATIVE EXPRESSION

Opportunities this activity provides for meeting this need. Check those that apply and add comments for items checked in the space provided.

___ developing artistic abilities and talents:

___ using written and spoken language to express ideas, feelings, opinions, values, and beliefs:

___ using creative talents in the “real world”:

___ participating in field trips or using community resources to develop creative abilities:

___ using creative talents and abilities in every day life (solving problems, working through conflicts, beautifying the community, arranging flowers, designing or rearranging an area of the program, inventing a new game, experimenting with new recipes, etc.)

___ participating in experiences that encourage inventiveness and imagination:

___ engaging in activities where mistakes are valued as opportunities to learn and grow:

___ other:

Opportunities these activities provide for building Developmental Assets. See list of External and Internal Assets. List and describe those that could be linked to the above creative activities:

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5. The Need for POSITIVE SOCIAL INTERACTION (WITH PEERS AND ADULTS)

Opportunities this activity provides for meeting this need. Check those that apply and add comments for items checked in the space provided.

___forming and/or participating in clubs related to interests, skills, challenges, etc.:

___learning how to cooperate, collaborate, and be a team player:

___learning and practicing problem solving, conflict resolution, and leadership skills:

___learning from other children and youth:

___teaching or mentoring other children and youth:

___connecting with people in the community to explore ideas, learn new skills, solve problems, share talents and abilities, make the world a better place, etc.:

___engaging in activities to help or serve others:

___developing manners, social graces, and social skills:

___other:

Opportunities these activities provide for building Developmental Assets. See list of External and Internal Assets. List and describe those that could be linked to the above social interaction activities:

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6. The Need for STRUCTURE AND CLEAR LIMITS

Opportunities this activity provides for meeting this need. Check those that apply and add comments for items checked in the space provided.

___ learning how to develop and follow reasonable rules, limits, and expectations:

___ learning how to monitor actions and behavior:

___ learning how to balance rights and responsibilities:

___ learning how to stay safe and healthy; developing habits to protect oneself from danger and harm:

___ learning and using step-by-step procedures to accomplish tasks, solve problems, conduct experiments, etc.:

___ learning and practicing skills and habits for living a healthy, balanced life:

___ using appropriate methods, strategies, techniques, and procedures in different circumstances:

___ developing an understanding of the importance of rules, guidelines, and laws in the world beyond the program:

___ learning how to plan for short-term and/or long-term success:

___ other:

Opportunities these activities provide for building Developmental Assets. See list of External and Internal Assets. List and describe those that could be linked to the above activities related to structure and clear limits:

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7. The Need for MEANINGFUL PARTICIPATION

Opportunities this activity provides for meeting this need. Check those that apply and add comments for items checked in the space provided.

___ using interests, abilities, talents, and skills to help, impact, and benefit others in positive ways:

___ helping shape the program activities and/or environment to make improvements:

___ helping to plan and participate in community events (e.g. festivals, parades, fundraising):

___ using community resources and services:

___ using interests, abilities, talents, and skills to earn money:

___ performing for or entertaining others:

___ volunteering time and talents to improve the community; launching a project or campaign to improve the community (e.g. recycling, beautification, bike safety, skateboard safety, etc.):

___ setting and achieving personal and group goals; learning how to plan for short-term and/or long-term success:

___ other:

Opportunities these activities provide for building Developmental Assets. See list of External and Internal Assets. List and describe those that could be linked to the above activities related to meaningful participation:

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