



# PYD

POSITIVE YOUTH DEVELOPMENT

# WEEKLY INTENTIONS

## MINDFUL MONDAY



- Make time for me, show me that I matter.
- Opportunities to get to know me.
- Notice me, help me feel seen.
- Dream big with me.
- Ask questions, check in with me.
- You make a difference.

## TALK TO ME TUESDAY



- Talk, share stories with me.
- Understand me.
- Expect me to do my best.
- Say what you see in me.
- Dig deep, discover my sparks.
- Ask about my experiences, achievements & ideas.
- You make a difference.

## WOW WEDNESDAY



- Welcome my voice & choice.
- Expose me to new ideas & experiences.
- Develop my skills.
- New possibilities for me.
- Empower me. I do, we do, you do!
- Support me to participate and feel included.
- Develop my confidence to try new things.
- Ask me about my goals.
- You make a difference.

## TRY TOGETHER THURSDAY



- Teach me teamwork.
- Help me learn from my friends.
- Understand me and how I learn.
- Reflect on my strengths with me.
- Stretch my growth. Push me to go further.
- Do it with me.
- Acknowledge my efforts, praise me.
- You make a difference.

## FRIENDSHIP FRIDAY



- Fri-YAY! Celebrate me.
- Respect me & give me say.
- Include me, involve me.
- Develop my friendships, relationships, connections.
- Acknowledge my achievements & goals.
- You make a difference.

## THE SUPER SIX OF PYD

POSITIVE YOUTH DEVELOPMENT

- Engage Authentically
- Promote Peer Bonds
- Challenge Growth
- Expand Interest
- Manage Goals
- Share Power