

ARMY NATIONAL GUARD CHILD & YOUTH SERVICES

More Than A Program...It's A Promise!

News Letter

Do Something Nice Day...or Year!

Show of hands. How many knew October 5th was National Do Something Nice Day? National Do Something Nice Day, along with National Random Acts of Kindness Day – celebrated in February each year, came about as a way of encouraging people in communities throughout the country to help, support, and encourage those around them. Whether engagement in these initiatives impacts one individual or many, the idea is to show how one person can positively change the lives of others. Since their induction, both days have become recognized in countries around the world, growing into international celebrations. So, how does one engage in these days of serving and helping others? The great aspect of both days is that positive impacts can be made without the need to spend money. Some easy ideas for celebrating include:

- Raking leaves for someone you know this fall
- Holding open doors for others as they enter a room or building
- Doing extra chores around the house
- Encouraging others while they work on a project or task
- Calling or writing a letter to a family member or friend

For more information on National Do Something Nice Day or National Random Acts of Kindness Day, be sure to check out these great resources:

For more information on National Do Something Nice Day or National Random Acts of Kindness Day, be sure to check out these great resources:

- CNN "National Do Something Nice Day:"
<https://www.cnn.com/2019/10/05/us/national-do-something-nice-day-trnd/index.html>
- National Day Calendar:
<https://nationaldaycalendar.com/national-do-something-nice-day-october-5/>
- Random Acts of Kindness Foundation:
<https://www.randomactsofkindness.org/>

As always, reach out to your local ARNG CYs Team to see what activities are scheduled in observance of these two days, as well as other events coming up throughout the year: <https://arngcys.com/my-local-cys-program>.

Army National Guard Child and Youth Services encourage everyone to participate in these two days of celebration – to show how one individual can help those around them. In fact, we challenge everyone to carry the message and purpose of these two days forward throughout the entire year. Why limit these positive actions to only two days when they can be recognized and celebrated year-round?

IN THIS ISSUE:

- Happenings
- Training Ops
- Writing Challenge

Stay up-to-date
with the latest info?

Be sure to

[Subscribe HERE on our
website](#)

CONNECT

with your local CYs team to
learn how you can
VOLUNTEER!

[https://arngcys.com/my-
local-cys-program](https://arngcys.com/my-local-cys-program)



Guam National Guard Food Drive for Catholic Social Services' Soup Kitchen - 2020

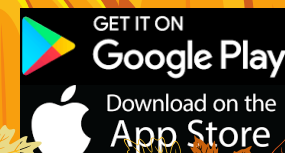
Download the
"ARNG CYs" APP



WWW.ARNGCYS.COM

#GUARDFAMILIES

#ARNGCYS



OH YEAH!



WE DID IT!



WOW!



NEW MEXICO STEM Activity



SO

COOL

OKLAHOMA Teen Panel Symposium & Resiliency Weekend Submitted by: Julie Reynolds OK LCYPC

We had an amazing time in Broken Bow. Our guest speaker, BJ Penick, taught a leadership lesson that went hand-in-hand with our MRT section the following evening on Energy Management. The teens went kayaking and ziplining, where they were able to apply the skill BJ taught them called "Courage over confidence" along with the MRT energy management lesson. We even had a flat tire on the way to Broken Bow which was a great way to kick off resiliency weekend, as we bounced back from the setback!



NEW MEXICO 4H - NMARNG Outdoor Training Activity

WRITING CHALLENGE

If you have a youth interested in participating in the **ARNG CYS Youth Writing Challenge**, be sure to check out the ARNG CYS Website for the latest topics and information on submitting their composition.

We are celebrating, **National Do Something Nice Day** or **National Random Acts of Kindness Day** the whole month of October!!!

**"How will you celebrate
National Do Something Nice Day
or
National Random Acts of Kindness Day?"**

All writing compositions for this month must be submitted by
SUN, OCT 24, 2021 for consideration and review.

For details and how to submit your child's creative piece go to: <https://arngcys.com/youth-writing-challenge>



TRAINING OPS



Lucile Packard
Children's Hospital
Stanford

Positive Parenting During COVID-19 Fall Webinar Series:

Stanford's Children's Health is offering a 3-part webinar series titled, **"Fall Webinar Series: Positive Parenting During COVID-19"** that will touch on additional questions and concerns caregivers have related to:

- 1) The return to school
- 2) How to discuss sensitive topics related to COVID-19
- 3) Addressing COVID-19 questions from parents

**10 FREE
pre-recorded
webinars**

<https://www.stanfordchildrens.org/en/service/child-adolescent-psychiatry/positive-parenting>



MCEC Parent workshops are available via webinar to support parents who are remote or not located near a major military installation. Webinars presented live on Tue's & Wed's at Noon EST.

**** Participants must register in advance for the live webinar ****

www.militarychild.org/webinars



Free parent & caregiver Webinars created by family therapy experts. The webinars are designed to help parents & caregivers support their child's mental health across a diverse range of subjects.

www.ackerman.org/training/

www.ackerman.org/free-parent-caregiver-webinars/

***Registration required;
Zoom link will be
provided prior to webinar.**



How to build a self-care tool kit: This workshop asserts that self-care is the foundation of caring for others and will invite you to reflect on your own life, identify your personalized self-care practices, and make a plan to sustain these.

Thu, Oct 7, 2021 7:00 PM - 8:00 PM EDT

www.paparentandfamilyalliance.org/upcoming-events

**Free parent & caregiver
Webinars are added
monthly.**

This does not indicate an endorsement of resources, programs and/or services by National Guard Bureau, DysTech, staff or contractors.

Check out the latest
October Activity Packet
developed by the:
L/CYPCs in CT, MA, ME, NH, RI, & VT!



Ask your State ARNG CYS
L/CYPC for a copy.

**The FUN is back! Be sure to not miss
out on all the fun with things like:**

- Identify 31 cool and wacky things to celebrate each day of the month with the **"October Calendar"**
- Dive into a **"Fall Book Review"**
- Hey Halloween Scientists, who doesn't love a classic science experiment with messy chemical reactions? You can find out how to make a **"Witches Brew"**
- Get creative with **fall-inspired crafts** and activities.
- Gather friends and loved ones for a Fall **"Scavenger Hunt"**
- Get your taste buds going with **"Jack O' Lantern Quesadillas"** with an **"Eat & Connect"** activity
- And don't miss out - a **"You have been Boo'd"** challenge is on!

