



ARMY NATIONAL GUARD CHILD & YOUTH SERVICES

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

NEWS LETTER

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ARNG CYS CELEBRATES 20 YEARS!

Happy New Year!

Time flies when together we're making a positive impact! We are thrilled to announce and celebrate the **20th anniversary of the Army National Guard - Child and Youth Program!** This has been a journey filled with growth, learning, and countless memories.

These two decades have been a testament to the incredible resilience, curiosity, and potential within each child we've had the privilege to nurture. To everyone who has been a part of this incredible journey, thank you for your unwavering support, dedication, and enthusiasm. Join us in celebrating this milestone, and let's continue to inspire and uplift the next generation together!

WE WELCOME IN 2024 WITH NEW OPPORTUNITIES

As we dive into 2024, let's kick off the year with laughter and unforgettable family moments that can be fun memory making opportunities for the whole family. Here are a few fun ideas for your family to enjoy together as we ring in the new year.


1. **DIY Family Time Capsule:** Gather the family to create a time capsule filled with memories and aspirations. Seal it and open it next New Year's Eve for a heartwarming reflection.
2. **Family Game Night Extravaganza:** Turn your living room into a hub of fun! Organize a mini-tournament with board and video games, fostering bonding, laughter, and hidden talents.
3. **Outdoor Adventure Day:** Embrace nature with a hike, picnic, or bike ride. Capture these moments with a family photo, encapsulating your 2024 adventures.
4. **Create a Vision Board Together:** Cut out pictures and symbols to represent family goals. Display your vision boards prominently at home, serving as a daily reminder of your collective journey in 2024.

Celebrate our 20th year with the ARNG CYS Program! Visit the ARNG CYS Website (www.arngcys.com) and click on the ["My Local CYS Program"](#) link to access contact information for your ARNG CYS Team and ask about resources, exciting events, and ways you can volunteer in 2024.

A heartfelt THANK YOU for contributing to the success of 2023, and as we mark our 20th year, we eagerly anticipate creating more cherished memories with you in 2024!



WY-YAC member Emylee R. shows off her vision board during their Spring Symposium

 You can find the 20 Years of Excellence video [HERE](https://www.youtube.com/watch?v=YmUUYgOz-o4) and you are free to use this on your social media pages!
<https://www.youtube.com/watch?v=YmUUYgOz-o4>



Do you want to stay up-to-date with the latest info?
Be sure to [subscribe here on our website](#)

WWW.ARNGCYS.COM





GA - CYS - Film Camp

TRAINING OPS

4 Steps to Goal Setting for Kids

Goal setting is one of the best ways to increase motivation. Defining, setting, and prioritizing your goals is the first step to helping your child accomplish what they want to do. If they have not clearly defined a goal that they want to accomplish, it is much harder for them to actually achieve it. When your child sets specific goals, it increases their motivation to take the steps to achieve them.

<https://scholarwithin.com/successful-goal-setting-for-kids>

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

IN THE KNOW

Follow your local CYS

social media accounts to see the weekly **In the Know (ITK)** posts, OR reach out to your CYS Program for a copy.

#ARNGCYSITK

January's National Hobby Month marks a time

to pick back up a former hobby or find a new one. As it gets colder, the rain, snow, or ice storms keep people inside more, and finding ways to keep the mind and body active is important. A hobby can shape the personality of a kid positively by helping them become confident, self-reliant, and independent. Having a hobby also enhances the thinking skills of kids. A hobby not only instills qualities like team spirit, compassion, and patience in them but also teaches various life skills that may mould them into healthy adults.

Did you know.... According to the U.S. Census Bureau, people in the U.S. spend around 6 hours per day on leisure and sports activities, their personal interests/activities, and hobbies. On weekends and during holidays the amount of time spent on leisure activities is higher than on weekdays.

HAVE YOU TRIED ANY OF THESE FUN HOBBIES?

Geocaching • Whittling • Quilling • Handlettering
Making Snow Globes • Up-cycling • Mandala rock painting
Foraging • Meteorology • Bullet journaling • Fingerprint art
Tye Dyeing • Genealogy • Sudoku • Zentangle Drawing
Making music • Reading • Cooking • Traveling • Stargazing
Aircraft spotting • Butterfly Watching • Weather Watcher
Magnet Fishing • Composting • Ice Sculpting • Macrame

WHAT ARE YOUR FAVORITE HOBBIES?

<https://www.boredombusted.com/definitive-list-of-hobbies-interests/>

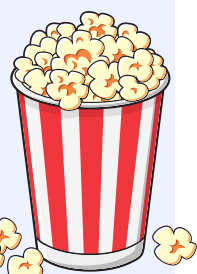
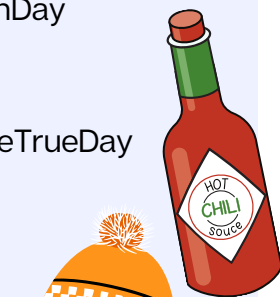
https://parenting.firstcry.com/articles/hobbies-for-kids-discover-amazing-ideas-for-your-childs-interest/#Collecting_Items

<https://kids.kiddle.co/Hobby>

A MONTH OF CELEBRATIONS

- 1st - #NewYearsDay
- 2nd - #ScienceFictionDay
- 3rd - #DrinkingStrawDay
- 4th - #NationalTriviaDay
- 5th - #NationalBirdDay
- 6th - #NationalShortBreadDay
- 7th - #NationalBobbleHeadDay
- 8th - #BubbleBathDay
- 9th - #WordNerdDay
- 10th - #HousePlantAppreciationDay
- 11th - #NationalMilkDay
- 12th - #NationalPharmacistDay
- 13th - #MakeYourDreamsComeTrueDay
- 14th - #DressUpyourPetDay
- 15th - #NationalHatDay
- 16th - #NothingDay
- 17th - #KidInventorsDay
- 18th - #NationalThesaurusDay
- 19th - #NationalPopcornDay
- 20th - #NationalDiscJockeyDay
- 21st - #SquirrelAppreciationDay
- 22nd - #HotSauceDay
- 23rd - #NationalHandwritingDay
- 24th - #LibraryShelfieDay
- 25th - #NationalOppositeDay
- 26th - #NationalGreenJuiceDay
- 27th - #ChocolateCakeDay
- 28th - #LegoDay
- 29th - #NationalPuzzleDay
- 30th - #NationalHotchocolateDay

**MORE
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REGION 1 HIGHLIGHTS

