

List of 10 things you can do for your CASA child TODAY!

- 1) Take a minute right now to close your eyes and take a deep breath. You will feel better. Promise.
- 2) Okay, now that you're feeling better, call your foster family today to see what their needs are and share those needs with your Volunteer Advocate Coordinator. CASA is here. And although we can't promise that we can fulfill every wish, we may be able to provide some things, such as grocery cards.
- 3) Consider writing a letter to your CASA child! How often do kids get the old-fashioned snail mail? Better yet, include a self-addressed, stamped envelope so your CASA kid can return the favor.

✂ Use CASA address and we will pass them along to you when your child responds.

**1009 New Hampshire, Suites A & B
Lawrence, KS 66044-3046**

- 4) For foster parents with school and preschool-aged children, tell them to check out the KC Zoo's Penguin Cam. <https://www.youtube.com/watch?v=IisHeJRXU3M>. Remember the other video cams that are available, such as the Smithsonian's National Zoo cams—Giant Panda, Lion, Elephant, Naked Mole-rat Cam...
- 5) If your kiddo is into crafts, and your foster family is game for a project, check these out:
<https://www.youtube.com/watch?v=05i5yTh-2Is> to create an art book, for those kids who like to doodle, paint and draw.
<https://www.youtube.com/watch?v=ifjJ-7rEfDk> this one will turn an old book into a scrapbook! The video shows how to remove pages and make pockets.

(If the families need supplies, reach out to your coordinator, we may be able to get them for you!)

- 6) So maybe you can encourage your CASA kid to plant something. Fortunately, February is over! If your family needs pots, soil, seeds, let us know.
- 7) How about a jigsaw puzzle? Do they want one? Call your coordinator with some specifics, such as how many pieces and/or specific ideas on the content.
- 8) If you have something that you are doing now, let us know at CASA. We will share with others. You have so many strengths and talents, the most important of which is that you care about your community.

- 9) Stay positive and practice (and MODEL) positive thinking and self-talk. This will pass. We can feel bad and choose to take ourselves in a healthier direction. If you need help staying optimistic, here are some quotes that may help:

✧ *"If you're going through hell, keep going."*

Winston Churchill

✧ *"No pessimist ever discovered the secrets of the stars, or sailed to an uncharted land, or opened a new heaven to the human spirit."*

Helen Keller

✧ *"One of the things I learned the hard way was that it doesn't pay to get discouraged. Keeping busy and making optimism a way of life can restore your faith in yourself."*

Lucille Ball

✧ *"Do not anticipate trouble, or worry about what may never happen. Keep in the sunlight."*

Benjamin Franklin

- 10) Challenge your CASA kid to find his own positive thoughts and ideas. They could help the adults around them stay calm and refocus their anxiety during this difficult time. (And your child may discover a strength they never knew they had!)

