



Transition Newsletter

Nov 2023

Time to be Grateful!

Did you know that studies show that expressing thanks is one of the easiest ways to increase our own happiness? As Thanksgiving is coming soon, have you taken the time to be thankful for all the good things in your life? Simple expressions and thoughts of gratitude have the ability to boost your own well-being and also the well-being of others!

Here are some activities that you could consider doing during the month to get you into the thankful mindset. And remember, you don't have to stop in November, especially if it makes you happy!

Random Acts of Kindness

A random act of kindness is an unexpected act of charity or helpfulness and is often done for others. Random acts of kindness can be small like holding the door open for the person behind you, or something bigger like sending holiday cards to residents at a local nursing home!

Find more ideas on this website: <https://bit.ly/RandomActsofKindnessIdeas>

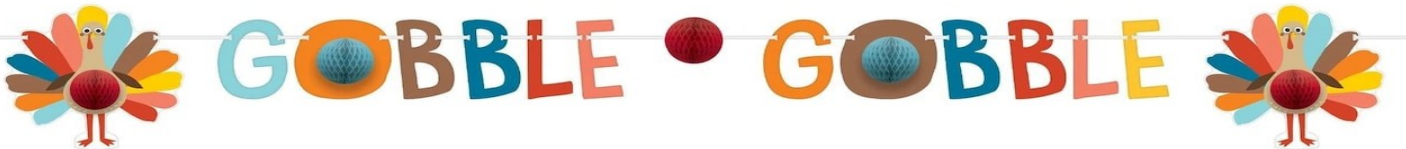
7 Days of Gratitude

For one week, take a few minutes at the end of your day to write down three to five things that you are grateful for that day. By doing it on a daily basis, it will have a deeper impact on your overall happiness and mood!

Write a Letter of Gratitude

- Take a moment and think of someone who has profoundly impacted your life that you want to say "thank you".
- Write down your feelings of thanks in a letter, card, note, email, or whatever you are most comfortable with.
- Give that person the letter so they know how much they mean to you!

By expressing gratitude, you are acknowledging all the good, whether it's big or small, in your life. Expressing gratitude helps you feel more positive emotions, relish good experiences, improves your health, and helps build strong relationships. Do you know what I'm thankful for this year? YOU!!



RESOURCE HIGHLIGHT – Morning! Gratitude Journal



This app is available on iOS and Android as either a free or paid version. Morning! is an app that prompts you to journal for 5-minutes each morning. Users can also opt to journal at night or journal twice a day. A big difference with this app is the ability to choose your journal prompts the night before, or the morning before. These prompts can also include affirmations, giving you full control over how you choose to journal. As an added bonus, there is a simple mood tracker for you to track any patterns in feelings.

This is informational only so DHS is neither supporting or endorsing the app. Please determine for yourself if you wish to use it and proceed accordingly.

contact me



Name:

Phone:

Email:

DHS.SD.GOV



DON'T FORGET!

TSLP—Let's Talk Work

A one-day conference for high school students who have a disability focusing on employment.

11/2/23—Mitchell, Highland Conference Center

11/7/23—Sioux Falls, Sanford Research Center

11/9/23—Ft Pierre, AmericInn Conference Center

11/15/23—Aberdeen, Boys & Girls Club

11/28/23—Rapid City, Rushmore Hotel & Suites

Learn more at: bit.ly/LTWflyers

Be Thankful for Your Skills!

Everyone has skills, interests, and natural talents or aptitudes, that can help you be successful at school or at a job. Take a few minutes to think about what you enjoy, what you are good at, and if you are struggling, ask your teachers or parents for their input because they may know some of your strengths that you don't even realize are strengths!

Your Interests:

Think about things you enjoy doing. It could be playing basketball, reading, making art, dancing, or playing video games. Write down your top 4 activities you enjoy most!

1. _____ 2. _____

3. _____ 4. _____

Your Aptitudes:

Aptitudes are your natural talents. Maybe you are a good singer or awesome at drawing. Are you quick at solving math problems or figuring out video games? Write down four things you are good at!

1. _____ 2. _____

3. _____ 4. _____

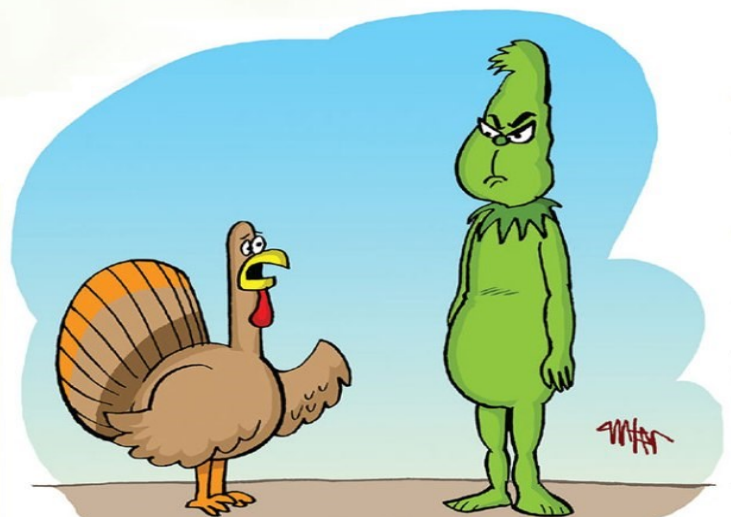
Your Skills:

Skills come from study or practice. You may know a lot about something you have studied, or have a tight spiral when you throw a football from practice. You might be good at hunting, sewing, or fixing things. Write down four skills you have!

1. _____ 2. _____

3. _____ 4. _____

Please let me know what you wrote down for your interests, aptitudes, and skills so we can explore what kind of work would make most use of all these items for a better chance of finding something you will enjoy while earning money working!



"We'd like to hire you to steal Thanksgiving."

YOUTH LEADERSHIP FORUM

Applications are due **December 23, 2023** — tslp.org/events

What is YLF?

Youth Leadership Forum (YLF) is a five-day leadership training and career awareness program for high school students with disabilities. It provides training in leadership, self-advocacy skills and career awareness. About 45 students throughout South Dakota are selected each year.

How much does it cost?

Nothing! All costs, including transportation and food, are paid for through public funding and private donations.

When and where is YLF?

June 2-6, 2024 at Northern State University in Aberdeen SD. Selected students will stay in the dorms at NSU with security and 24-hour nursing care available!

What does a typical day look like?

Starts with breakfast at 8am in the college cafe. Large group presentations, hands-on activities, educational games, & small group activities fill the day. Every evening a special event is planned like a picnic, dance, park activity, etc.!

Who can apply?

Any youth with a disability wanting to learn from others about their own and others' disabilities, learn how to analyze your strengths and weaknesses, learn about different leadership styles and disability laws, how to influence others, and much more!



I never knew what the [disability] meant on my IEP, because of an activity at YLF, I understand more about my diagnosis and how it impacts me. I can now advocate more for myself to voice my needs moving forward!

Thank you for giving (my child) the opportunity to attend YLF... It was a really good experience for her to be surrounded by a positive group of her peers and to interact with all of you and feel supported and involved. What a wonderful program!

I'm so glad that I came because it gave me the opportunity to meet others in similar situations and I no longer feel alone and better understand what I need to do to be successful!



APPLY TODAY AT: [TSLP.ORG/EVENTS](https://tslp.org/events)