



Youth Newsletter

Fall 2023

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To learn about resources available to youth living in foster care, visit Mare.org > For Youth or contact your worker.



Isabella (C010356) had a fun day filming a Grant Me Hope video at Fredrick Meijer Gardens in Grand Rapids.

Grant Me Hope videos offer another way to let families know how special you are

Grant Me Hope is a recruitment opportunity that is offered to youth who have a goal of adoption. MARE partners with Grant Me Hope to produce video segments that are aired on local news stations and are featured on the Grant Me Hope website.

How Grant Me Hope videos are made

These videos are so fun to make. It starts with the production team finding a great location. We have filmed at zoos, aquariums, parks, museums and many other

great places.

Your job that day would be to come prepared to answer some simple questions about yourself and to have fun! While filming, there are typically two cameras and two videographers (people who run the camera) and someone to interview you.

The interviewer will ask questions that will help viewers get to know you and what type of family you are looking for.

After the interview, the videographers will film what is called B-roll, which is done by filming you while you do stuff like playing or being creative.

This content fills in the video and lets the viewer see you having fun.

The great thing about these videos is that they are personal and are made to show off who you are as an individual. We captured some photos of Anthony, a MARE youth shown here, during the filming of his video at the Sea Life Aquarium at Great Lakes Crossing in Auburn Hills. The location helped Anthony showcase his curiosity and inquisitive nature.

If you are interested in a video for yourself, talk to your worker or contact MARE Youth Specialist Gabrielle Kampsen at gabrielle_kampsen@judsoncenter.org



Story by Gabrielle Kampsen • Photos by Jennifer Brooks

Photos from another great Michigan Heart Gallery Premiere!



Clockwise from top, MARE's Jessica Thompson with Piper (C010322), MARE's Jessica Franks with her daughter, Nevaeh, and Zackary (C010342).

Test your brain power by taking this trivia quiz

1

How many months have 28 days?

- a. One
- b. All of the them
- c. None



2

What is the fastest land animal?

- a. Humans
- b. Ostriches
- c. Cheetahs

3

What is a baby kangaroo called?

- a. Joey
- b. Sammy
- c. Josey



4

5

How many toes does a cat have?

- a. 12
- b. 16
- c. 18



Which tree grows the tallest?

- a. Oak
- b. White pine
- c. Sequoia

6

How many keys are on a standard piano?

- a. 77
- b. 88
- c. 99



7

What is the the main character's name in the TV series "Stranger Things"?

- a. Seven
- b. Eleven
- c. Twenty-One

Answers on next page

How to Make and Keep a Nature Journal

----- rhythmsoplay.com -----



This activity is appropriate for all ages, including adults, so ask one you know well to help you with this craft.

In this easy, relaxing and stress-reducing activity, you can make a nature notebook.

Step 1: Sit quietly in nature. Explore all five senses: sight, sound, smell, taste and touch. Take in all of the senses surrounding your body. Pay attention to the small details in the sky, air, grass, trees, wildlife.

Step 2: Write down, in detail, what you experience.

Step 3: Gather clippings from nature such as leaves and flowers. Press them for a week or two between heavy book pages and wax paper, if desired. Glue them on notebook pages. A store-bought journal would work just fine, or feel free to bind and

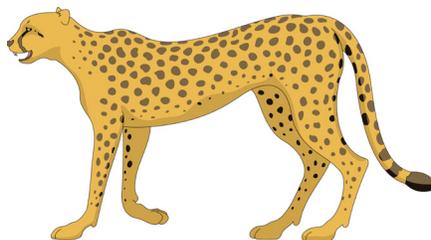
create your own with craft paper, a hole punch, ribbon or yarn, etc.

Step 4: Add writings (story, poem, single words – as simple or as detailed as you or your children would like) that go with any clippings or even pictures you would like to include. Craft scissors and a glue stick, stickers and assorted scrapbook materials can be used to add to the writings.

Congratulations! You just had fun while meditating, using creativity, practicing self-care, self-regulation and teaching it, too! These are all therapeutic ways to connect with others.

For more about this project, visit <https://rhythmsoplay.com/get-outside-connect-create-nature-journal-notebook/>

- Trivia answers:** 1. All of them.
2. Cheetah. 3. Joey. 4. Sequoia.
5. 18 – typically cats have five toes on their front paws and four on their back paws.
6. 88. 7. Eleven.



Calendar

December 3 MARE In-Person Meet & Greet

Oxford

10:30 a.m.-2 p.m.

For more information, contact jessica_thompson@judsoncenter.org or call 734-528-2070.

Take note: Watch for notices of upcoming Meet & Greets on www.mare.org and on Facebook.



Educational resources

Bold.org is helping students fight their debt through scholarships and education resources. There are many scholarships to apply for that are broken into categories. They also feature a blog with entries such as “what is the difference between a grant and a scholarship?” and “how to write a scholarship essay.” This is a great resource for students who are looking for help with college.

On Mare.org, youth can find the For Youth > Resources & Documents page that has an “Education” link, which also has many resources to help those who are pursuing higher education.