



WHAT WILL WE DO EACH WEEK?

Below is a list of some tips and potential activities for your mentoring sessions. Check to see that they are age appropriate. Remember to ask youth what they would like to do.

1. Start by telling your youth why you decided to become a mentor.
2. Engage in games such as chess, checkers, Monopoly and crossword puzzles.
3. Read books together. Get to an exciting part and finish it next time you are together.
4. Start a book club.
5. Exchange favorite recipes. Put them in a book and use it as a neighborhood fundraiser for the program.
6. Research the history of music and learn to play a musical instrument together.
7. Teach the beginning alphabet, words and phrases of a foreign language.
8. Create a scrapbook of memories that last the entire year.
9. Take photos to capture special moments.
10. Work on the computer.
11. Set up e-mail correspondence between mentors and youth if you are permitted and if your youth has e-mail access. Write to each other and touch base between visits.
12. Construct a kite together and fly it.
13. Build and launch a rocket. Don't forget to take photos.
14. Create a design and carve a pumpkin on Halloween.
15. Help research and design an extra credit project.
16. Create a time capsule and bury it. Determine when it should be opened.
17. Create a holiday, get well, or greeting card for a special occasion.
18. Discuss safety precautions such as wearing helmets when riding bikes and fire safety.
19. Write an original storybook together.
20. Discuss personal hygiene, health, exercise and healthy habits. Remember that we are what we eat! Manage a diet plan together.
21. Teach how to give a good handshake.
22. Discuss proper etiquette and social graces. Plan a field trip to a fine restaurant after youth pass *all* the tests. Get approvals from the program and parent/guardian first.
23. Connect with the community. Research what after-school programs are offered in the community in which youth might participate.
24. Encourage youth to try out for school activities such as the band, chorus, drama and sports.
25. Play sports. Shoot hoops in a school or organization's gymnasium.
26. Explore what to do in an emergency. Create a contact list and discuss 911 procedures.
27. Plan for a sound financial future. Discuss opening savings and checking accounts and the concept of good credit and the meaning of credit cards.

Courtesy of Dr. Susan G. Weinberger, president, Mentor Consulting Group.



28. Plan for future careers. Conduct mock interviews for a job, read the want ads, discuss dress codes and fill out a sample job application.
29. Discuss opportunities for post-secondary education. Research two- and four-year colleges and technical schools and the meaning of financial aid.
30. Take a career interest inventory. Discuss entry-level positions.
31. Decide on a community service project together with mentors and youth and carry it out. Plant a garden in front of the local school, remove graffiti from school walls or collect food and deliver it to the homeless. Take credit for the project as part of your mentoring program. Ask the program what their needs are.
32. Start a pen pal project with a group of young people in another country.
33. Talk about friends — those that your youth has and those he or she would like to have.
34. Decorate T-shirts and wear your creations proudly.
35. Discuss what your youth wants to be when he or she grows up.
36. Arrange job-shadowing opportunities in the fields that youth are interested in.
37. Have a game of basketball, football or volleyball with mentors playing against youth.
38. Help your youth craft a personal mission statement.
39. Design and paint a mural on the wall of the school.
40. Act out scenes from a play or book.
41. Discover ways to make spelling fun. Use alphabet cereal or flashcards.
42. Play Hangman.
43. Discuss the positive activities youth can get involved in during the summer.
44. Walk outside on a nice day; sit under a tree and just talk or go to a playground.
45. Research and talk about famous people who use their abilities to get ahead.
46. Read the newspaper and discuss current events.
47. Share your life experiences.
48. Share your career experiences. How did you get to where you are today?
49. Remember your youth on his or her birthday with a card.
50. Share your school experiences when you were the same age as your mentee is now.
51. Share a proverb each time that you meet.
52. Build a model.
53. Swap photos of youth and mentors.
54. Bring a scrapbook or photo album from home and share photos of your family, travels and pets.
55. Share thoughts and feelings between meetings in a small journal.
56. Practice the answers to the questions for the driver's test.
57. Help your youth write a resume.
58. Discuss people you admire. Compare heroes and research your favorites.
59. Discuss leisure activities.
60. Plan a leadership project with your youth and carry it out.

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61. Tell your youth – if you could go back to high school, what would *you* do differently?
62. Complete a personality inventory to find out who your youth is.
63. Help your youth to design a unique and original calling or business card.
64. Ask your youth where they hope to be in 5 or 10 years.
65. Get organized. Write out what your mentee does every day and what he/she would like to change.
66. Practice how to get a point across.
67. Research volunteer opportunities and adopt a project.
68. Discuss travel and dream vacations.
69. Discuss the pillars of character including pride, punctuality, honesty and responsibility.
70. Help to arrange a mini career fair and invite other youth to attend.
71. Cook a meal together if it is allowed.
72. Explore careers over the Internet.
73. Teach how to ask a boss for a raise.
74. Invite a guest from the local labor market office to discuss market requirements and the fastest growing jobs today.
75. Share your dreams.
76. Help with homework. Make sure that your youth takes the lead in making this decision.
77. Plan a random act of kindness.
78. Learn about how newspapers write the news.
79. Usher at the school play or musical concert.
80. Arrange a field trip to visit a senior citizen home. Read to the seniors.
81. Hold a spelling bee and crown the winner.
82. Try clay modeling.

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