

JANUARY 2024 National Mentoring Month

	1 Spark conversations with your young people all month long with these Connecting Conversations Cards.	2 Check out Steeler great Troy Polamalu's mentoring story!	3 Want to know what mentoring in the 'Burgh is really like? Check out this Kidsburgh feature.	4 Sign up for our Everyday Mentoring tips to make the most of your interactions with the kids in your life.	5 Read up on Pens goaltender Casey DeSmith's mentor.	6 Download our Youth Mental Health Guide to learn more about how you can support positive mental well-being for kids.
7 Start a mini book club with your young person. Decide on a book together and check in with updates and thoughts as you read along!	8 Let's talk goal-setting! Use this worksheet to help your young person set a goal and map out ways to achieve it!	9 I am a Mentor Day -- a day to honor the mentors who play vital roles in other's lives.	10 Post a selfie with your mentor or mentee and use the hashtag #MentoringAmplifies #MentoringMonth	11 Interested in learning more about mentoring? Sign up for our Mentoring 101 course!	12 Reflection: if you could learn one new skill, what would it be? What steps can you take now to help you explore?	13 Watch a "Becoming a Better Mentor" video for helpful tips to be more intentional in your support of youth.
14 Help your young person uncover/develop their sparks and passions through career exploration.	15 It's a day on, not off! Plan a service project with your young person on Dr. Martin Luther King Day of Service.	16 Learn more about fostering growth mindset in your young people.	17 International Mentoring Day -- a day to reflect on how mentoring makes the world a better place	18 Celebrate National Thesaurus Day by creating a word cloud of what 'mentoring' means to you.	19 Do you ever wonder how you can be a better mentor or caring adult to young people? Tune in to our Mentor Chat podcast!	20 Mentoring is for all! Check out the "Inclusive Mentoring for Youth with Disabilities" guide for information on ensuring all young people have access to strong relationships.
21 Reflection: Who is someone that has played a pivotal role in your personal or professional growth? Take a minute to reach out this week and thank them!	22 Check out the Mentoring Connector, a nationwide database of mentoring programs and volunteer opportunities.	23 See mentoring in action with these Mentoring Stories from programs in our community.	24 Help the teens in your life set healthy boundaries with this resource from VeryWellFamily.	25 Thank Your Mentor Day -- a day to express gratitude to everyone who has made a positive impact on your life.	26 Helping kids understand their passions can lead to a happy, more purposeful life. Read more about how you can create conversation around sparks!	27 Continue to foster open conversations about youth mental health with this Mental Health Safety Plan template.
28 Watch or listen to the 1619 Project for self-learning ahead of Black History Month.	29 Celebrate National Puzzle Day by completing a puzzle with your young people.	30 Use old magazines and photos to create a collage about you and your young person. It can include things you both enjoy, as well as things you'd like to try or learn more about!	31 It's the last day of National Mentoring Month! What have you learned? How can you continue to amplify mentoring all year long?			

31 days of
celebration!