RECOGNIZING POTENTIAL AND ENCOURAGING DREAMS

Why do we care? Mentors build strong relationships with their mentees in hopes to provide them with personal guidance. Engaging mentees with fun activities can make dreams turn into reality.
Audience: All Ages

The Purpose of This Activity

The use of this tool on a regular basis can be an effective way to keep students on track for any short-term and long-term goal.

Estimated Time

5-10 minutes + 15 minute debrief

Materials

A notebook and pencil

How to

1. Have your mentee write in a notebook. Instruct them to respond to prompts about these suggested categories, or similar themes:

   - Goals I Have Achieved This Week
   - Goals for Next Week
   - Things I Need to Work On

2. After they are finished writing, ask your mentee if they want to discuss any of the items that they wrote about. Give them the space to keep their writing private them, but encourage them to share. In particular, help them identify objectives to reach their goals for next week and to determine why they may not have reached their goals this week.

3. Fill in your journal regularly to monitor goals over time.
How to

1. Ask your mentee to think of some goals that they’d like to accomplish, things they’d like to have, and places they want to go. They can also think about words or phrases that have meaning for them.

2. Have them go through the magazines and supplies and start cutting out images or words that represent their goals, or anything that speaks to them. Lots of things they never even thought of will get cut out. This is the really fun part!

3. Encourage them to lay out the images on the poster board before they start gluing. Overlapping is fine!

4. Begin gluing. Glue sticks tend to work better, but double sided tape works too.

5. Add other decorations to personalize your board.

6. Refer back to your vision board every once in a while. Have you met some of your goals? Which ones have you not met yet? How can you achieve them?

Audience: All Ages

The Purpose of This Activity

Having one space that displays all of the things you want to accomplish will help you bring them to life. This activity will make believers out of mentees.

Estimated Time

20 minutes + 10 minute debrief

Materials

- Large piece of poster board
- Glue sticks or double sided tape
- Lots of old magazines, catalogues, travel brochures, etc.
- Printed words and quotes
- Markers
- Stickers, glitter glue, other decorations
- Scissors
FINDING POTENTIAL IN YOUR NEIGHBORHOOD

Audience: All Ages

The Purpose of This Activity

To explore the city’s diverse attractions in hopes to find what sparks your mentee’s interest

Estimated Time

1-3 hours + 15 minute debriefing

Materials

Notepad and pencil

How to

1. Find out about activities happening in the city (ex: exhibits in the museum, art gallery, science center, free concert). Let your mentee pick a few that they like or maybe would never think about trying.

2. Take your mentee to the activities

3. Have them write down and discuss what parts of the activities did they enjoyed and disliked. It can be as basic as the color of the building or elaborate as the notes used to write a song.

4. Ask your mentee to connect the notes that they wrote on your trip to their vision board or journal. What does your city have to offer that can help them achieve their goals?
**GOOD MANNERS FOR A BETTER YOU**

**SOURCE:** https://www2.ed.gov

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**Audience: All Ages**

**The Purpose of This Activity**

This activity will help mentees show respect for others and help them be the very best they can be.

**Estimated Time**

5 minutes per activity

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**How to Play**

1. Let your mentee know that respect for others can begin with something as basic as showing good manners, like: shaking hands in greeting, looking someone in the eye while talking, saying “please,” “thank you,” “excuse me,” and “I’m sorry”, opening doors for others, using expressions such as “yes, sir” and “no, ma’am” when speaking to older people, and giving up a seat on a bus or subway to an older person or a person with a disability.

2. Role play: Pretend to be in situations where manners are needed and see how your mentee reacts. Some events can include: eating dinner, pretending to be on a city bus, etc.

3. Help your mentee think about how good manners can help them achieve some of their goals. For example, if their goal is to get a summer job, perhaps they need to know how to act professionally in an interview. If their goal is to make more friends, maybe they need to know how to act in various social settings.