



YouthNet

Activities for Mentors and
Mentees to do Together

2009

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~ Virtues ~

The Family Virtues Guide: Simple Ways to Bring Out the Best in Our Children and Ourselves

In the following pages you will find different virtues that we should all strive to have. They are traits that we especially want our mentees to have as they grow up.

There are many ways that you can “teach” them to your mentee. Some mentors have tried just sitting down and talking about them and others have made it a way to play in air hockey or Wii tournaments.

Each virtue includes a simple definition of what it is, how to practice it and some examples to discuss. If you can think of other examples that may pertain more to your mentee, go ahead and do them.

If you want to pair them with a game or a tournament, you can use the virtue as an “entry” ticket. Before the mentee can participate in the activity they have to say one thing they did over the week that shows they understand what the virtue means; for example, one thing they did to show consideration, compassion, or trustworthiness.

Compassion

Compassion is understanding and caring about someone who is in trouble or has made a mistake.

How Do You Practice It?

Go up to that person and show that you understand and care by:

- Sitting close by, letting him know that you are there and that he is not alone
- Listening if he wants to talk
- Understanding and forgiving him if he hurt you without meaning to
- Doing what you can to help

What would compassion look like if...

- A friend is confused about what the teacher said?
- A new student is lonely and feels left out?



Confidence

Confidence is being certain. When you have confidence, you trust whatever comes to you.

How Do You Practice It?

By knowing that you are worthwhile whether you win or lose, succeed or fail.

What would confidence look like if...

- Your friends invite you play a game you have never played before?
- You are asked to speak in front of your class?
- You try out for a sport and don't get picked?



Consideration

Consideration is having regard for other people and their feelings. It is thoughtfulness and thinking about the needs of others.

How Do You Practice It?

When you are considerate, you act as if others are just as important as you are. It is asking yourself things like “Will this hurt or disturb someone else?” To be considerate you give thought to what would bring others happiness.

What would consideration look like if...

- Your brother/sister is feeling bored because he/she is sick and has to stay in bed?
- You're entering the front door at school and realize someone is right behind you?



Courage

Courage is personal bravery in the face of fear. It is doing what needs to be done even when it is really hard or scary. It is trying new things and picking yourself up after a mistake and trying again.

How Do You Practice It?

You do what is right even when it is hard or scary. You stand up for what is right even if all your friends are doing something wrong.

What would courage look like if...

- All your friends want you to try something, like stealing or smoking, and you feel it is wrong?
- You see a child being teased and hurt by a group of children?
- You do something you are sorry for, like breaking one of your mother's favorite plates and no one knows who did it?



Courtesy

Courtesy is to be polite and to have good manners.

How Do You Practice It?

Learning polite ways to speak and then using them throughout each day. Some examples of courtesy include: eating without showing the food in your mouth; holding the door for someone who needs help; saying “please” and “thank you” and smiling when someone has done something for you. In school, courtesy means listening to your teacher, and stopping what you are doing when they ask you to.

What would courtesy look like if...

- Your parents are having a conversation and you want to speak to one of them?
- You are at a birthday party and the cake is being served?



Flexibility

Flexibility is being open to the need for change. It means not always having to have your own way.

How Do You Practice It?

Little by little, day by day, make the little adjustments that mean change. You accept things you cannot change and don't insist on having your own way. You enjoy surprises.

What would flexibility look like if...

- You keep making the same mistake over and over?
- Your family had something fun planned and it had to be cancelled at the last minute?

*“Stay committed to your decisions, but flexible in your approach.”
-Tom Robbins, American novelist, born 1936*

Forgiveness

Forgiveness is overlooking the mistakes others make and loving them just as much as before. Forgiving yourself means to stop punishing yourself or feeling hopeless because you did something wrong.

How Do You Practice It?

You don't punish someone by taking revenge or holding a grudge. You don't punish yourself by calling yourself bad names.

What would forgiveness look like if...

- Your friend accidentally broke your favorite toy?
- You did something you felt was bad?
- Someone lost their temper with you and later apologized?



Friendliness

Friendliness is going out of your way to make other s feel welcome or to make a stranger feel at home.

How Do You Practice It?

Friendliness starts with liking yourself. You can also just walk down the hall at school, looking into people's faces and smile at them. You can show people how happy you are to see them. When a friend is sad, don't always try to cheer him up right away. Sit with them and ask them to tell you what they are sad about.

What would friendliness look like if...

- You see a child who has just moved into your neighborhood?
- Your parents invite a family over to dinner whom you have never met?
- One of your friends looks like they have been crying?



Generosity

Generosity is giving and sharing.

How Do You Practice It?

Look for things to share that mean something to you. Look for a way to give what you can. Don't look for anything in return.

What would generosity look like if...

- A friend comes over to play the day after your birthday and you have a new toy/game?
- Your parent is cooking dinner and needs someone to set the table, and you're watching your favorite TV show?



Helpfulness

Helpfulness is being of service to someone, you do useful things that make a difference.

How Do You Practice It?

You notice what someone needs and just do it. When someone asks you for help you decide for yourself if it is really good for them, if it isn't then it's probably more helpful not to do it. If you cannot figure out what someone needs, ask them, "How can I help?"

What would helpfulness look like if...

- A friend is carrying a whole pile of books?
- It's time for dinner and your mother could use help?
- Your best friend asks you if they can copy your homework?



Honesty

Honesty is being sincere, open, trustworthy, and truthful.

How Do You Practice It?

Don't try to fool anyone and don't let them fool you. Say what you mean and mean what you say. Only make promises that you can really keep. If you make a mistake, admit it.

What would honesty look like if...

- You broke one of your mother's favorite things by accident and are afraid she will be angry?
- You forgot to do an important homework assignment and the teacher asks you where it is?



Justice

Justice is being fair in everything you do.


How Do You Practice It?

You think for yourself. You don't gossip or find fault behind someone's back. You stand up for yourself and for others.

What would justice look like if...

- You are with a group and they start to gossip?
- Everyone is teasing a child who looks different?
- An older student starts to get rough with you?

Dealing with Teasing



- * Stop, take a deep breath and count to 5
- * Self-talk. Say, "I can handle it!"
- * You can ignore the teaser
- * Tell the teaser how you feel. I feel upset when you....
- * Just walk away
- * Say something good about yourself to yourself or to the other person
- * Use humor
- * Ask an adult for help
- * Decide on your best choice, and do it!

Kindness

Kindness is being concerned about the welfare of others.

How Do You Practice It?

You practice kindness by noticing when someone or something needs care; you become sensitive.

What would kindness look like if...

- A new child comes into your class and they look lonely?
- Some kids you have been playing with start teasing a boy who has big ears?
- Your mother seems tired lately?



Love

Love is caring for someone, wanting to be near them, and wanting to share with them.

It is a special feeling that fills your heart.

How Do You Practice It?

You practice being loving by allowing yourself to feel love. Sharing is a way to be loving.

What would love look like if...

- You want to do something thoughtful when your father is sick?
- You notice a baby bird has fallen out of its nest?
- You love your teacher and feel like showing it?



Patience

Patience is quiet hope and expectation that, in the end, everything will be all right. Patience means waiting.

How Do You Practice It?

You practice patience by accepting things you cannot control and acting calm.

What would patience look like if...

- Your mother is very late picking you up and you have been waiting a long time?
- You decide that you want to be a lawyer when you grow up?



Reliability

Reliability means that others can depend on you.

How Do You Practice It?

You can practice reliability by making arrangements you can keep. You agree to do things that others can count on. You make sure that what you have promised gets done – unless it was impossible because of things beyond your control.

What would reliability look like if...

- It is your turn to do the dishes and you're not in the mood?
- Your part of a team report is due tomorrow and you feel too sleepy to finish it?



Respect

Respect is an attitude of honoring people and caring about their rights. It is particularly important to be respectful of elders, like your parents, grandparents, teachers and mentors.

Respect includes honoring the rules of your family and your school.

How Do You Practice It?

A good way to practice respect is to think about how you would like to be treated and then treat others that way. Being respectful is expressing even your strongest feelings in a peaceful way. Instead of interrupting, you can say, "Excuse me."

What would respect look like if...

- You want to use your friend's bike but they are not around to ask?
- You find yourself talking back to your mother?
- Your brother is in the washroom and you need to ask him a question?

"If you can't say nothing nice, then don't say anything at all."
– Thumper, Bambi, 1942



Responsibility

Being responsible means that others can depend on you. It means to do something well and to the best of your ability.

How Do You Practice It?

When you agree to do something, you take it seriously. You don't agree to do things which are too hard or that you don't really have time for.

What would responsibility look like if...

- You are given a job to do at home and you'd rather read or watch TV?
- You promised your friend you'd meet her right after school, but then remember you have to get to a music lesson?
- You are watching your little brother in a store while your mother finishes shopping?



Self-Discipline

Self-discipline is self-control. It means getting to do what you really want to do rather than being swayed by other thought or feelings. It means choosing to do what you feel is right.

How Do You Practice It?

You watch yourself, think about things and choose how you are going to behave. You practice self-discipline by creating routines for yourself. You are free of procrastination and greed.



What would self-discipline look like if...

- You have put off doing homework for some time?
- Your family has a rule of only three cookies after school, but no one is watching?
- You notice you are watching too much TV and feeling lazy?

Thankfulness

Thankfulness is being grateful for what you have.

How Do You Practice It?

You practice thankfulness by noticing the beauty around you and within you. If you want to practice thankfulness, learn to receive. Appreciate the little things in your life.

What would thankfulness look like if...

- You wish you were more like the most popular person you know?
- You go for a walk in a place of beauty, like the beach or a park?
- Someone gives you a gift?



Trust

Trust is having faith. It is relying and believing in someone or something.

How Do You Practice It?

When you trust, fear goes away. When someone makes a promise, trusting them means that you go ahead and make plans based on their promise, without reminding, nagging, or trying to control them. People who keep breaking promises and agreements are not worthy of trust.

What would trust look like if...

- A friend makes a promise to you?
- You start to worry that it's going to rain on your picnic?
- A person who has lost your things in the past wants to borrow your favorite music tape?



Trustworthiness

Trustworthiness means you can be counted on, that others rely on you. You are known for your determination, your reliability and your truthfulness.

How Do You Practice It?

You stop and think before making a promise, to be sure it is something you really want to do and that you really can actually do it.

What would trustworthiness look like if...

- Your mother sent you to the store and asked you to bring back the change?
- Your friend told you a secret that they don't want anyone else to know?
- You promised to do a chore but started to get distracted by TV or a book?



~ Virtue Game Ideas ~

Virtue Charades

Played like the typical game of charades except the person must act out the virtue chosen from a hat.

Virtue Hopscotch



Set up so that each square has a different virtue. If desired, the rest area circle at the top can be a “free choice” spot. The square that the stone lands on indicates which virtue the person must define/describe before picking it up and continuing on.

Virtues Tag

Played like the typical game of Tag, except the person that is “IT” must continue to say the virtue/definition/examples/etc. until they tag someone else.

Virtues Stuck-in-the-Mud

Played like the typical game of Stuck-in-the-Mud but the only way to get unstuck is to define the virtue and give an example.

Capture the Virtue Flag

Played in 2 teams on a large field, each team must hide their flag on their side of the field. When both flags are hidden and all teams have reassembled in a common area they are sent out to capture the opponent’s flag. If they are caught, a player must go to the designated “jail” area. The only way to be freed from jail is to recite and describe the virtue to the jail warden. Once the flag is captured it must be brought back to the safe zone.

~6 C's of Promoting Positive Youth Development~

Research in Action, Issue 1

The following are activity cards developed by the Research and Policy Council for MENTOR. They offer suggestions for activities and conversations that help to enhance the 6 C's: Competence, Confidence, Connection, Character, Caring, & Contribution.

Contribution

- Encourage your mentee to get involved in a service club at their school or in the community. Discuss with your mentee the strengths they have that they can use to make positive contributions in their school or community. Allow her to think about where their skills may be best put to use.
- Write a letter together to an organization to encourage them to welcome participation from youth. You and your mentee can brainstorm together about the specific strengths and skills youths like them could bring to the organization.
- Allow your mentee to experience failure and be sure to talk with them about how their failure can ultimately lead to success.
- Act as a champion for your mentee, advocating for their involvement in community service and social change organizations. Discuss with him how small contributions of time and skills can promote positive change.

Competence

- Ask your mentee about their interests. Engage in active listening and ask follow-up questions that demonstrate your understanding of and interest in the things about which they are excited.
- Ask your mentee to discuss or list their strengths. Do they excel at math? Are they good at sports? Are they a loyal friend or sibling? Think about what skills your mentee uses for these activities. Talk about ways to connect these strengths to other tasks about which they may feel less confident.
- Engage your mentee in decision-making activities. Let them choose the activity you will do during your time together.
- Talk to your mentee about their mistakes. Ask them what they would do differently in the same situation. Suggest that he and you generate a list of ways to act differently in problem situations.

Confidence

- Be supportive of your mentee, recognizing the difference between their behavior and the person they are. Let them know that you may not always like the decisions they make, but you still like them as a person.
- Disclose any appropriate issues or challenges that have happened in your life and give your mentee an opportunity to share their thoughts with you. They will appreciate your openness!
- Engage in activities that your mentee likes to do. Ask them to show you how to do something that you have never done before.
- Be perceptive about any obstacle your mentee faces in their confidence such as body image or intelligence. Let them know they are not alone in feeling this way and remind them that these features do not define them as a person. Ask them to list and discuss how these obstacles discourage them from reaching their goals or keep them from having solid relationships.

Caring

- Remember that when your mentee treats you badly, they may need you the most. Be clear that their behavior or words are hurtful and that they need to develop constructive ways to express their emotions. Continue to support them and make sure they know you are there for them if they need to talk about anything.
- Model caring behavior. Show your mentee that you treat others with respect. Because of your actions, your mentee will be more likely to do the same. Practice “random acts of kindness” with your mentee when you are out or in school. For example, plan a visit to a nursing home or help out a teacher during lunch break.
- Encourage your mentee to demonstrate that they care about the welfare of their community. This could mean helping them get involved in their church or start a recycling campaign in their school

Connection

- Be respectful of your mentee's privacy. However, be sure that they are safe and remind them that you are there for them if they need you.
- Ask your mentee about their friends, relationships, or what they like to do outside your time together.
- Let your mentee know if they have done something you don't agree with. Make sure to do this in a constructive way – offering your explanations for how this behavior may be in conflict with some important values.
- Give your mentee an opportunity to be heard and to express themselves freely and appropriately. Make sure they have the chance to tell you what they value and what is bothering them.

Character

- Practice what you preach. Be sure to role model the importance of character for your mentee. For example, ask your mentee about their experience with issues of peer or family pressure. Discuss with them how they make their own decisions based on their own values and beliefs.
- Keep a sense of humor when your mentee does something you may not agree with.
- Let your mentee make decisions for your time together. Respect these decisions.
- Discuss the importance of respect for yourself and respect for others with your mentee.

~ Getting to Know You ~

Battle Scar Galactica

www.utdallas.edu, 2001

Take turns sharing a story about any scar you might have on your body. If there are not any “scar stories” then discuss the most memorable scar from your past.

What’s in A Name?

www.utdallas.edu, 2001

Share the story behind your name. Why it was chosen, what it means, any nicknames and why you have that nickname. You can also talk about a name you wish you had.

M&M Game

Adapted from www.group-games.com/ice-breakers/mm-game.html

Have each person take as many M&M’s/Skittles (or other multicolored candy) as they would like. Make sure they do not eat it right away. For each piece of candy they took they must answer a question/tell 1 thing about themselves. For example:

Red: favorite hobbies

Green: favorite foods

Yellow: favorite movies

Orange: favorite places to travel

Brown: most embarrassing moment

Blue: wild card (share anything you want)

Two Truths, One Lie

Results Through Training, www.RTTWorks.com

Say two truths and one lie about yourself and have your mentee try and guess the lie. Example: I went to school in Austria, I fell down a flight of stairs at school while playing Hide and Seek/Charlie’s Angels, I saw snow for the first time when I was 18.

Who Can Develop

Results Through Training, www.RTTWorks.com

Identify someone who is a role model to you. Explain why. Discuss qualities of a good role model.

Take as Much as You Need

www.utdallas.edu, 2001

Form a circle and without explain the details of the activity, pass around a bag of candy (preferably wrapped). Tell each person to take as much as they need. They must then say one fact about themselves for every piece of candy taken.

I Am

Source Unknown

Each person writes 3 facts about themselves on a piece of paper or card without putting their name on it. The cards are handed to the mentor or On Site School Supervisor (OSSS), mixed up, and read at random. Each person tries to guess which card belongs to which person.

Silent Identification

Source Unknown

Each person draws a picture of an animal that would describe them. Once everyone is finished they explain why they chose that animal.

~ Discussion Starters ~

Survival Scenarios

If you were marooned on a *deserted island*, which 3 people (dead, alive or imaginary) would you want with you and what 3 objects would you have.

If you were *lost at sea* with only a rubber raft, 1 oar, a piece of string, 5 matches, and 5 \$1 bills, what would you do?

If you...

...had a magic wand, what would you change and why?

...won the lottery, what would you do with the money?

...could be any animal, what would you be and why?

...could travel anywhere, where would you go?

...were the Premier of Bermuda, how would you rule the country?

...were a famous, how would you act?

...could be or do anything in the world, who would you be or what would you do?

...could be a superhero, what would your powers be and how would you use them?

The Movie of Your Life

Who would you cast to play you?

What type of movie would it be? (comedy, drama, adventure, romance, etc.)

How would it start?

How would it end?

Try writing the screenplay together.

~ Thinking Games ~

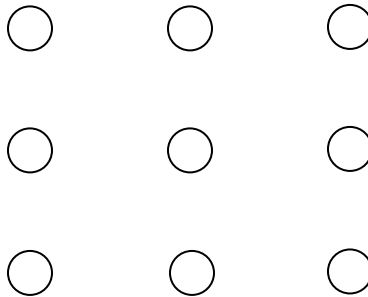
9+1=6

By adding only one line, make the following figure a 6.

IX

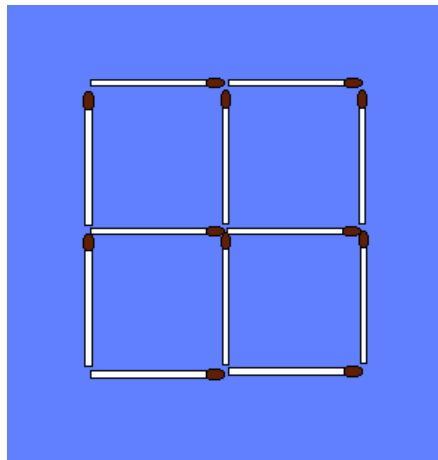
Connect 9 Dots

Connect the following 9 dots by drawing 4 straight lines without lifting the pencil off the paper or retracing a line.



Matchstick Puzzle

Leave just 2 squares by only removing 2 matchsticks.



River Crossing

On the way home from the market where he bought a goat, a wolf, and a head of cabbage, a farmer comes across a river. His boat is only large enough for himself and 1 of his purchases. He cannot leave the goat with the cabbage (because he will eat it) and he cannot leave the wolf with the goat (the goat would be eaten).

How does the farmer get everything across the river?

~ Thinking Games Answers ~

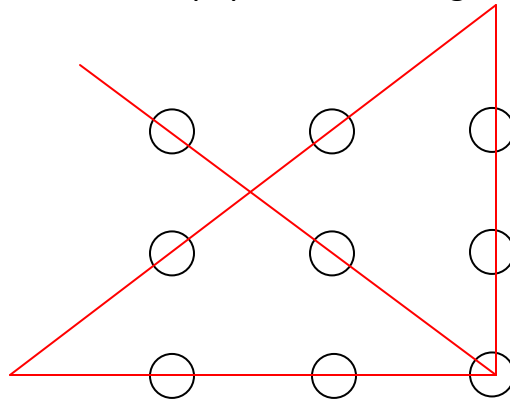
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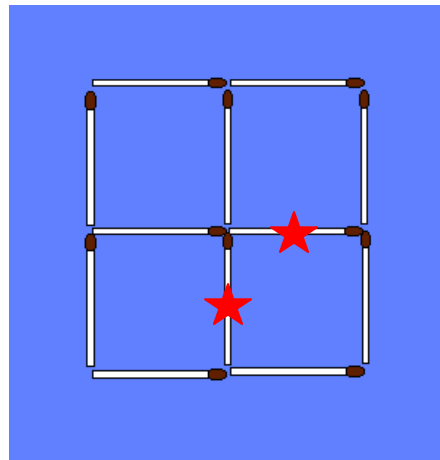
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How does the farmer get everything across the river?

1. Farmer takes *Goat* over.
2. Farmer goes back and picks up *Cabbage* and takes *Goat* back.
3. Farmer takes *Wolf* over and goes back alone.
4. Farmer takes *Goat* over again.

~ Indoor Activities ~

Computer Room

Library – look for a book to read together

Card Games

Board Games

Crafts

Puzzles

Marbles

Thinking/Logic Games

Share your school experiences from when you were their age

Write stories together

Bring in a photo album from home and share the pictures with your mentee

Keep a journal with your mentee, write down thoughts and feelings during the week

Learn the alphabet, counting, or words and phrases in another language

Design and carve a pumpkin at Halloween

Create a time capsule

Decide on a community project you can do together

Decorate t-shirts together and wear them proudly

Try clay modeling

Bowl Game/Charades

www.group-games.com/stationary-games/bowl-game.html

To prepare for the game, cut paper into small pieces, yet big enough to write on. Have everyone write down anything that can be used for guessing (can be theme based): objects, famous people, novies, places, virtues, etc. Fold the pieces up and but them into a bowl/hat/container. Divide into 2 teams.

Round 1: Each team has one minute to describe as many pieces of paper from the container as possible without saying the word on the paper. One point is awarded for every correct guess.

Round 2: Similar to Round 1 (using the same papers) except that you can only use 2 words to describe what is on it.

Round 3: Same as the previous rounds but this time you must act out what is on the papers.

~ Board Game Ideas ~

Jenga
Checkers
Chutes and Ladders
Tiddly Winks
Sorry
Trouble
Pictionary
Hungry Hungry Hippos
Life

~ Card Game Ideas ~

Go Fish
Crazy 8's
Spit
Uno
Slap Jack
War
I Doubt It/Cheat
Old Maid
Memory/Concentration
Snap

~ Active/Outdoor Game Ideas ~

Giants, Wizards, and Elves

www.group-games.com/action-games/giants-wizards-and-elves.html

A simple game based on Paper, Rock, Scissors. Teach everyone playing how to become three characters: the giant, the wizard, and the elf. Each character features hand motions and a noise.

- GIANT: stand on your tippy toes, lift up your arms and make an angry growling noise: “Rooooar!”
- WIZARD: crouch a little bit, flutter your fingers as if casting a spell and make a magical noise: “Wooooo!”
- ELF: get down very low, cup your hands around your ears and make a high pitched elf noise: “Eeeeeee!”

Play as you would rock, paper, scissors.

Ship Captain

www.gameskidsplay.net/games/mental_games/ship_captain.htm

One person is chosen as the captain. They call out orders to the rest of the players who are the crew. If a player does not follow an order correctly, they are out. The decision is made by the captain who is always right.

Orders

Starboard: run to the captain’s right

Port: run to the captain’s left

Hit the Deck: lay down on your stomach

Captain’s Coming: salute and yell, “aye, aye captain!” – player may not move now until the captain gives the order of “At Ease” (if the captain gives an order before saying At Ease and the crew moves, they are out)

Three men in a boat (or however many you wish): the crew must form groups of three and sing “Row, row, row your boat”. Anyone not in a group is out.

Captain’s Ball: crew members must find a partner and dance. Anyone without a partner is out.

Clear the deck: everyone must have their feet up off the floor

Scrub the deck: everyone on their knees scrubbing

Man-over-board: players must find a partner as quickly as possible. One person must lay on their stomach while the other places their foot on their partner's back. People without a partner or pairs that are too slow are eliminated.

Periscope Down: must fall on their back and stick one legs in the air. The last ones are eliminated.

Bow: run to the front of the boat (where Captain is)

Stern: Run to the back of the boat

Starfish: lay on their backs with arms and legs stretched out

~ Summer Bridge Activities ~

(or if you are away for a long period of time)

The ABCs of School Based Mentoring
Going the Distance: A Guide to Building Lasting Relationships Mentoring Programs

- Exchange letters/postcards or emails while you are away
- Give your mentee a notebook and ask them to write down their thoughts
- Exchange burned CD's of your favorite music
- Give them a card with your phone number or get theirs so you can call periodically
- Send them a note with a "save the date" for when you will meet again
- Set up a challenge for both of you to do over the summer (or time when you are apart), then talk about it when you meet again