



Please don't forget to log your volunteer mentor session in the volunteer system. Using the google browser go to <https://focus.pcsb.org/volunteer>

Question and Theme for the week: How are you feeling? Discussion for today – Setting Goals for the New Year!

My Goals

1.	2.	3.
Things I can do to reach my goals		
1.	1.	1.
2.	2.	2.
3.	3.	3.

Talk with your mentee about setting goals for the upcoming school year. Personal Goal and an Academic Goal. Create three actions steps that will help you meet your goals.

What do you want to accomplish academically? What do you want to accomplish as a personal goal?

What will we do to accomplish this goal?

Goals are desires you have for the future and how you will work towards it to get the results you want.

Examples of goals:

- To make Honor Roll this grading period.
- To join a club at school.
- To make a new friend.
- To keep my room, clean daily.
- To complete all of my homework and turn it in on time.

Question of the week:

How are you feeling? What is your favorite thing about school?

Theme: Trust Me!



Talk with your mentee about the importance of creating relationships built around trust. Work with your mentee to complete the following worksheet.

Trust Me!

What does trust mean to you?

How do you become a trustworthy person?

Can trust be lost or gained? How?

Think of someone you don't trust. Why don't you trust them?

What makes trust so important?

What are two things you could ask someone you just met, to find out if they're trustworthy?

1.

2.

Question of the Week:

Describe the hardest thing you ever had to do this school year?

Theme: What Pushes Your Buttons?



Talk with your mentee about the items listed. Have them identify 3 things that “Push Their Buttons” Talk through ways to work through it.

What Pushes Your Buttons?



☐ Being Told No

☐ Being Ignored

☐ Waiting

☐ A Misunderstanding

☐ Hunger

☐ Being Disrespected



☐ Cheating

☐ Being Bumped Into

☐ Being Touched

☐ Loud Noises

☐ Too Much To Do

☐ Losing a Game



☐ Rumors or Gossip

☐ An Accident

☐ Hurt or Pain

☐ Being Left Out

☐ Being Scared

☐ Being Bullied



☐ Bad News

☐ An Interruption

☐ Unfair Treatment

☐ Things Do Not Go As Planned

☐ Tests and Grades

☐ Things Are Not Fair

☐ Being Late

☐ Not Understanding What To Do



☐ Being Criticized

☐ Being Tired

☐ Being Told What To Do

Question of the week?

How are you feeling?

Weekly theme: What makes us different?



What makes us different- Ted Talk

Talk with your mentee about what they feel makes us different and why is this okay? We all have differences and that is OKAY! We were built to stand out and make a positive change in the world.

Watch the video with your mentee and discuss what you're taking away from the video to apply to your life.

TED^x Youth@
BrookhouseSchool
X=independently organized TED event

What makes us different

TED^x

<https://www.youtube.com/watch?v=3WKlaMJAE0g>

Start with the first question: What excites you about going to school?

Theme: All about Empathy!

Empathy Quotes

Empathy is seeing with the eyes of another, listening with the ears of another, and feeling with the heart of another

Alfred Adler



Talk with your mentee about what Empathy means. The easiest definition is, “It’s like walking in someone else’s shoes. Complete the Empathy worksheet together. Talk through it.

RESPONDING WITH EMPATHY

Directions:

Look at the situations below, and then match each situation to the correct feeling and response. Record your answers in the answer box.

	Feeling	Response
Situation #1	_____	_____
Situation #2	_____	_____
Situation #3	_____	_____
Situation #4	_____	_____
Situation #5	_____	_____
Situation #6	_____	_____
Situation #7	_____	_____
Situation #8	_____	_____

1. There is a new student in your class, and it is her first day.
2. Your friend made the school dance team.
3. A boy in your class fell at recess and got his pants wet.
4. You see a girl sitting by herself at recess.
5. Your friend studied really hard for the spelling test, but got a bad grade.
6. Your friend keeps trying, but can't figure out the right answer on the math homework.
7. Your friend lost her favorite sweatshirt.
8. Someone broke your friend's tablet.

How does the person feel?

- A. Disappointed
- B. Sad
- C. Embarrassed
- D. Nervous
- E. Mad
- F. Proud
- G. Frustrated
- H. Lonely

What can you do?

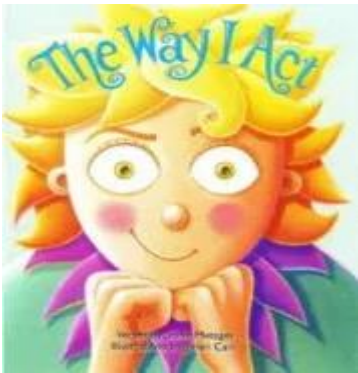
1. Ask her to play soccer with you.
2. Tell her that you are proud of her.
3. Help her find it.
4. Let him borrow yours until his gets fixed.
5. Help him get the right answer.
6. Help her study for the next test.
7. Try to help him dry off his pants.
8. Talk to her to make her comfortable.

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Question of the week:

How are you feeling?

[Feelings chart](#) What is something that really gets on your nerves? Why?

Weekly Theme:**The Way I Act**

This week's activity is to watch and listen to a recorded book or video on making mistakes.

https://www.youtube.com/watch?v=pjQq_V1pAkw&list=PLEeEPFBqG6FLR7huGNdQ26msNka7prjw4&index=9&t=0s

Think and Discuss with your mentor:

- Watch the read aloud and answer the discussion questions with your mentee.
- What do you do to express yourself?
- What do you do when you're curious about something?
- How to you practice responsibility?
- What are ways you show you're trustworthy?
- How are you brave?
- What makes you a great friend?
- How are you respectful?
- How do you stay active?
- How are you considerate?

Question of the week:

What is your favorite book to read? Why?

Weekly Theme: I Love Me!



Have your Mentee pick between the number 1-6. Ask them the question next to that number until they answer all six questions.

- 1. I am really good at...**
- 2. 3 Things I love about me are...**
- 3. The best compliment I ever got was...**
- 4. I am special because...**
- 5. 3 words that best describe me are...**
- 6. I am great because...**

Have your mentee pick a number between 1 – 6. Each time ask them the question for that number. This will give them the opportunity to brag about themselves and identify all their great qualities.

Question of the week:

How are you feeling?

[Feelings chart](#) What non-technology activity do you enjoy?

Weekly theme: Kindness Matters



Watch and Listen to the Read Aloud: <https://www.youtube.com/watch?v=kAo4-2UzgPo>



Discuss the following questions with your mentee.

- What does it mean to be kind?
- What are ways to be kind to friends at school?
- How can you be kind to your teacher?
- How can you be kind to your parents?

Question of the week:

How are you feeling?

[Feeling chart](#) Have you created a new hobby during the pandemic?

Weekly Theme: Conflict Resolution



It's time to Role Play!

Talk with your mentor about resolving conflict. Read through a few scenarios with your student and talk through strategies of coming up with a solution.



Conflict Resolution (Situation #1)



You want to go to the movies with a friend, but your mom says that you are too young to go to the movies without an adult (You are 11 years old). You are disappointed.

Using the 4-step conflict resolution process, work this out with your mom:

1. Identify the problem (What is going on?)

2. Brainstorm for ideas: (come up with at least 3 ideas to solve the problem)

3. Compromise (pick one idea from your brainstorming list that you can both agree upon)

4. Follow through. What happens if your first choice doesn't work?



Conflict Resolution (Situation #2)



You ask your friend to come over after school, but she already made plans to visit with another one of your friends. You feel hurt and disappointed.

Using the 4-step conflict resolution process, work this out with your friend:

1. Identify the problem (What is going on?)

2. Brainstorm for ideas: (Come up with at least 3 ideas to solve the problem)

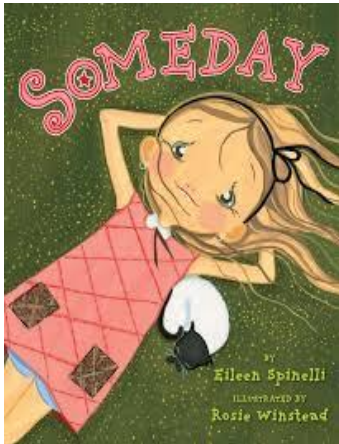
3. Compromise (pick one idea from your brainstorming list that you can both agree upon)

4. Follow through. What happens if your first choice doesn't work?

Question of the Week:

How are you feeling?
Describe a perfect day.

**Weekly Theme: Growth
Mindset**



This week will focus on a Growth Mindset.

Talk with your mentee about Goals and dreams you had as a child. This lesson will help your mentee look ahead and look at what they are doing now to prepare for the future. Listen to the story. Then have them complete the following questions.

Name _____	
<u>Someday</u> by Eileen Spinelli	
Someday I will _____	Right now I am _____
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Watch the read Aloud: <https://www.youtube.com/watch?v=GlgPiZaWZxs>

Question of the week:

How are you feeling?

[Feeling chart](#) Describe a good way for friends and family to spend time together.

Weekly Theme: Social Skills



Fighting with friend:

Talk with your mentee about the best way to deal with a tough conversation with a friend. It's normal to disagree, but how you react means the most. Complete the "What will you do Scenarios with them." Talk them through ways to handle conflict.

Fighting with Friends

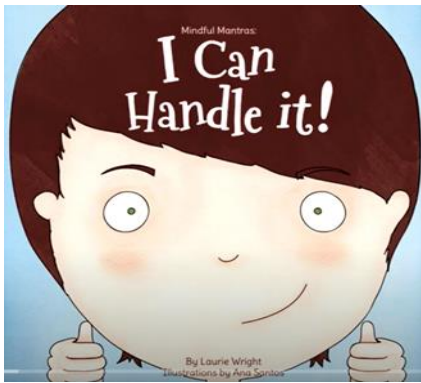
<p>1</p> <p>After fighting for 2 days, you decide to work it out with your friend, but he still won't talk to you.</p> <p>What will you do?</p> <p>©Jaclyn Watson, 2016</p>	<p>2</p> <p>Your friend finally apologizes to you for leaving you out of her plans, but you're not sure she means it.</p> <p>What will you do?</p> <p>©Jaclyn Watson, 2016</p>
<p>3</p> <p>You haven't been talking to your friend because he teased you in gym class, but now you have no one to sit with at lunch.</p> <p>What will you do?</p> <p>©Jaclyn Watson, 2016</p>	<p>4</p> <p>You are regretting telling your friend to leave you alone because now you see her with other friends and feel left out.</p> <p>What will you do?</p> <p>©Jaclyn Watson, 2016</p>
<p>5</p> <p>You were so upset with your friend for telling everyone your test score, but he apologizes and feels really badly.</p> <p>What will you do?</p> <p>©Jaclyn Watson, 2016</p>	<p>6</p> <p>You have been ignoring your friend who hasn't been nice to you, but now he is turning your other friends against you.</p> <p>What will you do?</p> <p>©Jaclyn Watson, 2016</p>

Question of the week:

How are you feeling?

[Feeling chart](#)

**Theme: When I'm
Feeling Stressed Out**



I Can Handle It: Watch and listen to the read aloud:

<https://www.youtube.com/watch?v=M9HiJwI1DsQ>

Talk with your mentor about managing stress. Think of ways to cope with stress when feel overwhelmed or upset. Complete the worksheet below together.

Name: _____ Date: _____

When I'm Feeling Stressed.....

I Can.....



I Should Not.....

