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!

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.
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.

https://www.youtube.com/watch?v=3WKlaMJae0g
Start with the first question: What excites you about going to school?

Theme: All about Empathy!

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.
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 do 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!

<table>
<thead>
<tr>
<th>Have your Mentee pick between the number 1-6. Ask them the question next to that number until they answer all six questions.</th>
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</thead>
</table>
| 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

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**Watch and Listen to the Read Aloud:** [https://www.youtube.com/watch?v=kAo4-2UzgPo](https://www.youtube.com/watch?v=kAo4-2UzgPo)

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**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? 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 5 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 5 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.

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.
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.

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Name: ___________________________ Date: _______________

When I’m Feeling Stressed........

I Can...... I Should Not......