



*****Mentor Toolkit: 2021-2022 School Year*****

~Elementary Education~

Pinellas County Schools has created a Mentor Toolkit and Calendar for you to utilize this school year. We have created this toolkit to make it easier to plan out your sessions on a weekly basis. Each week there will be a theme to discuss. Please know, if some of your conversations take longer than we suggest, please continue the conversation. It is Important for us to give the students an opportunity to express themselves. This toolkit has a variety of resources attached to the back for you to reference and utilize as needed.

*****Breakdown of each 30 minutes session*****

5-7 Minutes: How are you feeling today? This will serve as an opening conversation starter.

12-15 Minutes: Weekly theme conversation

5 Minutes: Goals for the week/Closing

Ex. Talk about a goal your mentee would like to accomplish each week. Examples: Completing homework, getting up on time, finishing all school work, helping with chores at home.



**Take Stock in
Children®**



**500 Role Models
Of Excellence**



**Girlfriends of
Pinellas County**



Mentoring Kick Off!!! Mentoring will take place using a virtual platform and face to face. Please continue to share the opportunity to mentor with family, friends, and colleagues. To sign up for a workshop visit: <https://www.pcsb.org/mentor>



Getting to Know You: This week you will meet your mentee for the very first time or get the opportunity to welcome them back. During this meeting you should spend your time discussing the following questions:

- How was your summer?
- What are you most excited about for this school year?
- What are you worried about for this school year?
- What is something you would like to invent? Why?
- How do you show people that you care?
- What memory do you have that makes you happy?

These questions will help each of you to warm up and have conversations that will help you learn about each other.

***If this is your first-time meeting, share some things about yourself and ask questions, too. Below are some conversation starters. ***

- Favorite school subject and why?
- What's the best way to eat an Oreo?
- What would you like for me to know about you?
- Can you remember the silliest thing you ever did or said?
- What makes a best friend?
- What would your perfect vacation entail?
- If someone gave you \$50.00 what would you do with it?
- Favorite food/ dessert or candy, why?
- What game or movie would you most like to live in?

***Don't worry if your mentee isn't initially excited about answering your questions, and don't rush them to answer quickly or to move on to another question. Letting them take their time, shows that you're genuinely interested in what they have to say.

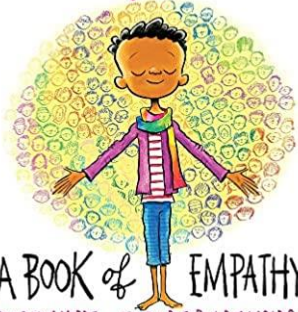
Getting to Know You: Two-Way Interviews- This week you and your mentee will interview each other. The idea is for each of you to take turn picking questions to elaborate on. Please share some of your childhood memories as well.

ACTIVITY

Two-Way Interviews

 <p>What do you think is the best thing about school?</p>	 <p>What is the most exciting job you can think of?</p>	 <p>What is your favourite thing to do for fun?</p>
 <p>What do you like least about school?</p>	 <p>What is one job you are sure you would never want to do?</p>	 <p>If you could go on any adventure, what adventure would you choose?</p>
 <p>If you could have any part-time job in the world while you were a student, what would that be?</p>	 <p>If you could travel anywhere in the world, where would you go?</p>	 <p>If you could live anywhere in the world, where would it be?</p>
 <p>What kind of machines or special equipment would you like to learn to use?</p>	 <p>What kind of tools can you use?</p>	 <p>What kind of occupations would you like to learn more about?</p>
 <p>If you could invent a job for yourself, what would it be?</p>	 <p>MAKE UP YOUR OWN QUESTION!</p>	 <p>Who in your family has a job you are interested in?</p>
 <p>Do you think you would like to be a teacher? Why or why not?</p>	 <p>What is one kind of volunteer work that you are curious about?</p>	 <p>When you need to find out specific information, how do you look for it?</p>

I AM HUMAN



A BOOK of EMPATHY
BY SUSAN VERDE · ART BY PETER H. REYNOLDS
A #1 NEW YORK TIMES BESTSELLER

All About Empathy: This week you all will talk about empathy. The biggest thing to understand about empathy is viewing it as walking in someone else's shoes.

Listen to the story and then discuss the following activity.

“I Am Human”

<https://www.youtube.com/watch?v=FoXlkTmL8q0>

How do you feel today?
Circle or write in your answer.

- Tired
- Disappointed
- Sad
- Worried/ Anxious
- Annoyed/ Frustrated
- Mad/ Angry
- Calm/ Content
- Happy
- Silly/ Energetic
- Something Else

EMPATHY IS... Check off your answers.

EMPATHY IS:

- Putting yourself in their shoes.
- Sense the emotions of another person that you have perhaps felt before.
- Letting them know you understand, see, or “get” their feelings.
- Showing that you care and are there for them.

EMPATHY IS NOT:

- Feeling sorry for that person.
- Trying to change their emotions.
- Giving advice.
- Putting the spotlight or attention on you.

Which words and actions show empathy?

<input type="checkbox"/> Really listening without making any judgements.	<input type="checkbox"/> “That’s really not a big deal.”
<input type="checkbox"/> Talking only about your experience.	<input type="checkbox"/> “What has this been like for you?”
<input type="checkbox"/> “This must be so hard. Thanks for sharing with me.”	<input type="checkbox"/> Ignoring their feelings.
<input type="checkbox"/> “If it were me, I would.”	<input type="checkbox"/> “I’m here for you.”

When was a time when someone showed you empathy?

Name: _____

ALL ABOUT EMPATHY!

Empathy can be described as “walking in someone else’s shoes.” Look at the shoe below, and answer the questions about empathy!

SHOWING EMPATHY TO OTHERS MAKES THEM FEEL:

A TIME I SHOWED EMPATHY TO SOMEONE WAS:

EMPATHY IS IMPORTANT BECAUSE:

EMPATHY MEANS:



Weekly Theme: Problem Solving Plan-

This week you and your mentor will discuss the importance of solving a problem. We will help them develop strategies to navigate problems effectively.

Discussion: Ask your mentee to share any problem they might be having. No matter how big or small. If they can't think of a problem or too shy to share, create a scenario they can respond to.

How do you feel today?

Circle or write in your answer.

- Tired
- Disappointed
- Sad
- Worried/ Anxious
- Annoyed/ Frustrated
- Mad/ Angry
- Calm/ Content
- Happy
- Silly/ Energetic
- Something Else: _____

PROBLEM SOLVING PLAN

1. What is the biggest problem you are facing right now?

2. What makes this a problem for you?

3. What can you do about this problem?
Who or what can help you?

4. How will your life be different once you have solved this problem?





Weekly Theme: Positive Self Talk- This week you and your mentee will discuss the importance of positive thoughts and feelings about themselves.

Watch the video using the link below and discuss the questions posed in the image below.

Watch this video: <https://www.youtube.com/watch?v=AJ2YQp3judg>

POSITIVE SELF-TALK

How do you feel today?
Circle or write in your answer.

- Tired
- Disappointed
- Sad
- Worried/ Anxious
- Annoyed/ Frustrated
- Mad/ Angry
- Calm/ Content
- Happy
- Silly/ Energetic
- Something Else:

I AM ENOUGH

I AM LOVABLE

I AM BRAVE

I AM AWESOME!

THIS IS TOUGH, BUT SO AM I

I AM UNIQUE

I AM IN CHARGE OF HOW I RESPOND

}

I CAN DO HARD THINGS

I WAS MADE FOR THIS CHALLENGE

ALL OF MY FEELINGS ARE OKAY

I BELONG

















MISTAKES HELP ME TO LEARN

1. Circle which kind and caring messages you want to remind yourself of.
2. Draw a picture of yourself or something that represents you in the center of the mirror.
3. Say these positive self talk statements out loud.

How do you feel when you use positive self-talk?

Weekly Theme: How to be a Good Friend- Navigating friendships in elementary school can be tough. Enjoy this funny video on friendship and then discuss the following worksheet.

Video Link: <https://www.weareteachers.com/friendship-videos/>

<p>How do you feel today? Circle or write in your answer.</p> <p> Tired</p> <p> Disappointed</p> <p> Sad</p> <p> Worried/ Anxious</p> <p> Annoyed/ Frustrated</p> <p> Mad/ Angry</p> <p> Calm/ Content</p> <p> Happy</p> <p> Silly/ Energetic</p> <p> Something Else.)</p>	<h2 style="text-align: center;">FRIENDSHIP DOs and DON'Ts</h2> <p style="text-align: center;">The "Do's and Don'ts" for being a good friend.</p> <table border="1" style="width: 100%;"><tr><td data-bbox="934 544 1491 1128" style="background-color: #e0f0e0;"><p style="text-align: center;">DO's </p><ul style="list-style-type: none">• Include others• Think about how the other person feels• Be yourself• Give support + encouragement• Be a good listener• Be ok with each other spending time with othe people</td><td data-bbox="1491 544 2016 1128" style="background-color: #fce4ec;"><p style="text-align: center;">DON'Ts </p><ul style="list-style-type: none">• Tell others what to do• Blame others• Lie or be dishonest• Say hurtful things to or about people• Break promises• Brag and show off all the tir</td></tr></table> <table border="1" style="width: 100%;"><tr><td data-bbox="934 1128 1491 1497"><p style="text-align: center;">Which "Friendship DO's" would you like to do more of?</p></td><td data-bbox="1491 1128 2016 1497"><p style="text-align: center;">Which "Friendship DON'Ts" would you like to do less of?</p></td></tr></table>	<p style="text-align: center;">DO's </p> <ul style="list-style-type: none">• Include others• Think about how the other person feels• Be yourself• Give support + encouragement• Be a good listener• Be ok with each other spending time with othe people	<p style="text-align: center;">DON'Ts </p> <ul style="list-style-type: none">• Tell others what to do• Blame others• Lie or be dishonest• Say hurtful things to or about people• Break promises• Brag and show off all the tir	<p style="text-align: center;">Which "Friendship DO's" would you like to do more of?</p>	<p style="text-align: center;">Which "Friendship DON'Ts" would you like to do less of?</p>
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SELF-CONTROL

By Haley O'Connor

We show our friends self-control,
In all the things we do.
We use calm bodies, minds and hands.
We work on patience too!

When we act with self-control,
We stop, think, then act.
We take a breath, and think it through,
To get on the right track!



Weekly Theme: Self-Control- In a time when so much is right at our fingertips, it's important for our mentee to understand the value of self-control. Talk with your mentee about easy steps they can take to master self-control. Stop-Think-Then Act!


Complete the activity below with your mentee. If you don't have access to print it out, just discuss which column the scenario belongs.

Name _____

SELF-CONTROL SORT

Read each scenario and cut them out. Then sort them.

Shows Self-Control	DOESN'T Show Self-Control













You are very excited, so you scream loudly.	Your feelings are hurt, so you write a letter.	You get angry, so you throw your book box against the wall.	You wait patiently to eat dessert until your mom says it's okay.
You are feeling angry, so you count to 30.	You yell, "I need to use the restroom" while your teacher is talking.	You are excited, so you tell your friend about it.	You are upset, so you throw a tantrum in the hallway.

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When your values are clear to you, making decisions becomes easier.

Weekly Theme: Your Values Matter- Discuss with your mentee the definition of values. Makes sure they understand it'd okay for our ideas and beliefs to be different from someone else. Complete the activity below with your mentee.

How do you feel today?
Circle or write in your answer.

-  Tired
-  Disappointed
-  Sad
-  Worried/
Anxious
-  Annoyed/
Frustrated
-  Mad/
Angry
-  Calm/
Content
-  Happy
-  Silly/
Energetic
-  Something Else.)

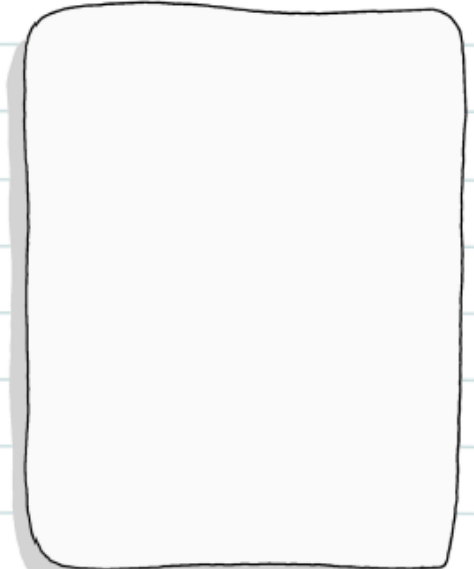
YOUR VALUES

Values are ideas and beliefs about what is important and meaningful to you. Knowing what your values are can help you to make good choices. For example if you value friendship, then you will probably make a strong effort resolve any conflicts that might come up between you and your friends.

Circle two of your top values.

Then write about why or how these values can help you to make good choices

 FAMILY	 FUN + PLAY	 KINDNESS
 HARD WORK	 FRIENDSHIP	 NATURE
 LEARNING	 CREATIVITY	 EQUALITY and JUSTICE
 ANIMALS	 ALONE TIME	Write your own



"Put yourself in their..."



Weekly Theme: Put Yourself in Someone Else's Shoes- Ask your mentee if they've ever wanted to trade places with someone else. Today you will discuss what it might feel like. Complete the activity below.

How do you feel today?

Circle or write in your answer.



Tired



Disappointed



Sad



Worried/
Anxious



Annoyed/
Frustrated



Mad/
Angry



Calm/
Content



Happy



Silly/
Energetic



Something Else

PUT YOURSELF IN SOMEONE ELSE'S SHOES

Have you ever heard the expression, "put yourself in their shoes" or "walk a mile in their shoes"? This means to imagine yourself feeling, thinking, and experiencing another person's life, as if you were in their place.

Read the following situations and try putting yourself in their shoes.



Ana tripped and fell down in front of her classmates. How might you feel if you were in her shoes?



Anton couldn't find anyone who wanted to hang out with him during the break. How might you feel if you were in his shoes?



Grace won first place in the chess tournament. How might you feel if you were in her shoes?



Your Support Team



Weekly Theme: My Support Team- We all need a few good people in our corner. Today you will discuss who is on their team and all the people willing to support them.

How do you feel today?

Circle or write in your answer.

- Tired
- Disappointed
- Sad
- Worried/ Anxious
- Annoyed/ Frustrated
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MY SUPPORT TEAM

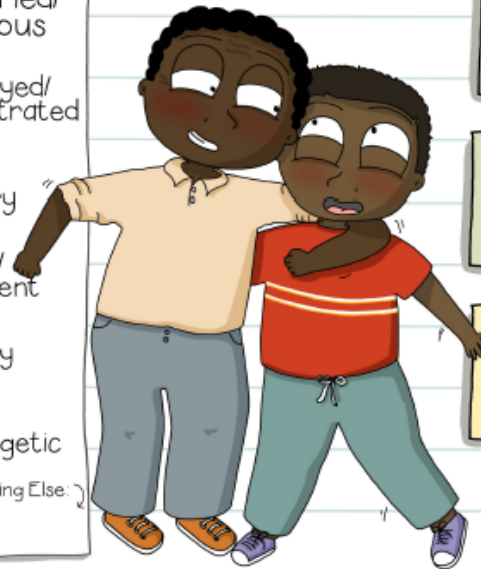
Who are some of the people you can turn to when you need help or support?

When I feel worried or stressed out, I can talk to .

When I am struggling with school, I can ask for help.

When I need a good laugh, I can talk to .










When I need help with a problem at home, I can talk with .





Weekly Theme: What I'm Grateful For- This has been such a tough time for our youth. Despite things that may be hard for them right now, there is always something to be grateful for. Create an imaginary grateful jar with your mentee. Take turns sharing what you're grateful for.

How do you feel today?
Circle or write in your answer.

-  Tired
-  Disappointed
-  Sad
-  Worried/
Anxious
-  Annoyed/
Frustrated
-  Mad/
Angry
-  Calm/
Content
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Energetic
- Something Else: _____

GRATITUDE JAR



1. Think about what you feel grateful or thankful for.
2. Write or insert pictures of what you are grateful for into your Gratitude Jar!

SOME IDEAS:

- Pets
- Food
- Things that Make You Smile
- Family
- Songs
- Memories
- Games
- Hobbies
- Nature

THINK

BEFORE YOU SPEAK

T is it TRUE?

H is it HELPFUL?

I is it INSPIRING?

N is it NECESSARY?

K is it KIND?

Weekly Theme: Think Before You Speak- It's important for your mentee to know we all have different thoughts and opinions. It's very important to think about what we say, because you can't take your words back. Listen to the story: "I Can't Believe You Just Said That!"

<https://www.youtube.com/watch?v=1L62h0BZG5w>

How do you feel today?

Circle or write in your answer.



Tired



Disappointed



Sad



Worried/
Anxious



Annoyed/
Frustrated



Mad/
Angry



Calm/
Content



Happy



Silly/
Energetic



Something Else

THINK BEFORE YOU SPEAK

It's normal to have different thoughts and opinions. But that doesn't mean you have to say out loud everything that comes to your mind. Before you speak, ask yourself if what you are about to say is kind or useful. And also ask yourself, "How would the other person feel if I said exactly what I'm thinking?" Then choose the best words to use. This is called filtering your thoughts.

Have you ever said something that you later regretted saying out loud?

YES

NO

If you had another chance to do it over, what would you have done or said instead?



Important Dates to Remember: No Mentoring on Non-Student School Days

- 10/08/21 - No school for students
- 11/22/21 - 11/26/21- Thanksgiving Break: No school for students
- 12/18/21 - 01/03/22- Winter Holidays: No school for students
- 01/17/22 - No school for students
- 02/21/22 - No school for students
- 03/12/22 - 03/21/21- Spring Break: No school for students
- No Mentoring during testing- check with the school on testing dates (generally in April)
- 05/26/22 - Last Day of School!