***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.
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.
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=FooXIkTmL8gQ
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.

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
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/
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.
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 make good choices. For example, if you value friendship, then you will probably make a strong effort to 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 make good choices.

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

**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?
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.

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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.

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**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
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
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 - 03/21/22 - 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!