

NO-PREP ACTIVITY IDEAS

Below are some no-prep and low-prep ideas for how to use your time during mentoring sessions. Make sure activities are suited to the age, maturity level, and need of your mentee before trying them!

1. Share with your mentee why you decided to become a mentor. Tell them about yourself, including pictures to help your mentee connect with you visually
2. Board Games - Chess, Checkers, Battleship, Sudoku, Uno... learning a new game together can be a fun way to connect with your mentee
3. Do research on a topic your mentee is interested in
4. Build something together (model car, LEGOS)
5. Construct a kite together and fly it during your next session
6. Create a holiday, get-well, thank-you, or greeting card for someone important to your mentee
7. Talk about friends - those that the mentee would like to have and those he/she does have.
8. Play sports - shoot a basketball in the school gym if it's available, toss a frisbee or football if you're able to go outside
9. Check with admin for permission to take a walk-and-talk outside on a nice day
10. Discuss your dream vacations. Make a just-for-fun itinerary and budget
11. Have your mentee teach you how to do something using a skill they have (ex: fixing an issue on your phone, tying a knot, braiding your hair)
12. Make bracelets out of string
13. Keep a journal and take turns adding to it each week
14. Help your mentee organize his/her binder or locker
15. Bring air-dry clay and each of you create something. Bring paint the next week and paint your creations
16. Help your mentee memorize an important phone number
17. Make an "activities jar" to pull from each meeting. Both you and your mentee can decide on things to write on paper to place in the jar.