

PCS Monthly Themes

We have found that having a theme or topic to discuss with your student mentee on a monthly basis can be a launching point for deeper conversations. Monthly themes that align with the core values and mission are listed below and can be used to facilitate conversations with Lunch Pals or Take Stock in Children mentees.

Additionally, these themes are integrated into the curriculum for the Girlfriends and Brotherhood of Strength & Purpose monthly meetings.

- September - Respectful and Caring Relationships
- October - Decision Making
- November - Integrity
- December - Service
- January - Responsibility
- February - Unity
- March - Community
- April - Connectedness
- May - Reflection



PCS Monthly Themes

The following activities can be done quickly and easily to support each of the monthly themes.

September - Respectful and Caring Relationships

- **Friendship Qualities**
 - Work together to name qualities of a good friend (kind, honest, trustworthy, etc.). Talk about which ones matter most and why.
- **Perspective Swap**
 - Talk about a common situation (e.g., a misunderstanding with a friend) and ask: “How might the other person feel?” Builds empathy and awareness.
- **Kindness Reflection**
 - Ask: “What’s one kind thing someone did for you recently?” and “What’s one kind thing you’ve done for someone else?”
- **Kindness Brainstorm**
 - Challenge yourselves to list as many small acts of kindness as possible in 2–3 minutes. Then talk about which ones feel easiest to try.

October - Decision Making

- **Quick Choice, Quick Why**
 - Offer simple choices (e.g., “Study first or relax first?”) and ask your mentee to pick one and briefly explain why.
- **My Top 3 Priorities**
 - Ask your mentee to name their top 3 priorities right now (friends, grades, sports, etc.) and talk about how decisions connect to those.
- **One Better Choice**
 - Ask: “What’s one small choice you could make today that would make your day better?”
- **Decision Replay**
 - Reflect on a recent choice (big or small) and ask: “Would you make the same decision again? Why or why not?”

November - Integrity

- **Trust Builder**
 - Ask: “What makes you trust someone?” Then connect those ideas to integrity.
- **Do the Right Thing Signals**
 - Ask: “How can you tell when something might not be the right choice?” (gut feeling, rules, impact on others).



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November - Integrity (continued)

- **Right vs. Easy**
 - Give examples of choices and ask: “Is this the right thing or the easy thing?” Talk about the difference.
 - Sample choices to discuss:
 - You drop a piece of trash on the ground.
 - You forget to do your homework.
 - You see someone sitting alone at lunch.
 - You borrow something and forget to return it.
 - You make a small mistake in a game.
 - The teacher steps out and the class gets loud.
 - You promise to help someone but get distracted.
 - You see a mess that no one is cleaning up.
 - You lose a library book.
 - You’re working in a group and finish your part early.
 - You accidentally bump into someone.
 - You’re supposed to be listening, but your friends are talking.
 - You find something that isn’t yours.
 - You’re asked a question and don’t know the answer.
 - You’re playing a game and start to lose.
- **Role Model Reflection**
 - Ask: “Who is someone you think has strong integrity? What do they do that shows it?”

December - Service

- **Acts of Service Brainstorm**
 - Set a 2-minute timer and list as many ways to help others at school, home, or in the community as possible.
- **Who Helps You?**
 - Talk about people who serve or help in their daily life (teachers, bus drivers, family, friends). Ask: “How do they help you?”
- **Gratitude + Service Connection**
 - Ask: “What’s something someone did for you that you appreciated?” Then connect it to how they can do the same for others.



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December - Service (continued)

- **This or That: Helping Edition**

- Ask fun choices about helping. Then ask why they chose that.
 - Example questions:
 - Hold the door for someone or help carry their things?
 - Invite someone to join your group or sit with someone new?
 - Help a teacher with a task or help a classmate understand something?
 - Pick up trash you see or organize a messy space?
 - Share your supplies or share your time helping someone?
 - Help someone new feel welcome or help a friend who's having a tough day?
 - Help behind the scenes quietly or lead and organize helping others?
 - Offer advice or offer hands-on help?
 - Help someone stay organized or help them stay motivated?
 - Help someone learn something new or help them complete something quickly?
 - Help one person a lot or help many people a little?

January - Responsibility

- **My Job**

- Talk about different “jobs” students have (student, friend, sibling, teammate) and what responsibility looks like in each role.

- **Be Ready Check**

- Ask: “What are some ways you can stay prepared for school or activities?”

- **One Thing I Can Own Today**

- Ask your mentee to name one small thing they can take responsibility for today.

- **Time Check-In**

- Ask: “How do responsible people manage their time?” Talk about simple strategies.
 - Some example time management strategies to share are:
 - Set a timer: Work for a short burst (10–15 minutes), then take a break.
 - Break it down: Split big assignments into smaller steps.
 - Use a planner or notes app: Write down assignments and due dates.
 - Checklists: Cross off tasks as they're completed for motivation.
 - Time blocks: Set aside specific time for homework, games, or chores.
 - Backwards planning: Start with the due date and plan steps backward.
 - Avoid distractions: Put phone or games away during focused time.



PCS Monthly Themes

February - Unity

- **Common Ground**
 - Take turns naming things you both like or have in common (food, hobbies, shows, etc.). See how many you can find.
- **Build a Team**
 - Imagine building a team (sports, school project, club - customize to student's interests or current activities). What roles or strengths would you need?
- **Help Each Other Out**
 - Discuss simple ways students can support classmates or friends during the school day.
- **One Thing We All Need**
 - Ask: "What do you need to feel included or supported?" and "What is one thing you think all people need to feel included or supported?" (kindness, respect, friends, etc.)

March - Community

- **My Communities**
 - Take turns naming communities you're part of (school, neighborhood, sports team, family, clubs).
- **Community Helpers Talk**
 - Discuss different community helpers and what they do. Ask: "Who helps you in your community?" and "What are some ways you already help your school or home community?"
- **Belonging Check-In**
 - Ask: "Where do you feel like you belong?" Talk about what makes that place feel welcoming.
- **Help the Community Scenario**
 - Talk through a simple situation like cleaning up a space or welcoming someone new.
 - Sample situations to discuss:
 - Someone in your group doesn't understand what to do during a project. How could you help them succeed?
 - The school is holding a cleanup or spirit event. What role could you play to contribute?
 - You notice a friend is having a tough day and not participating much. What could you do?



PCS Monthly Themes

April - Connectedness

- **What Helps People Connect?**
 - Brainstorm simple behaviors that build connection (listening, kindness, shared interests, teamwork).
- **Real-Life Connections**
 - Ask: "Who are the people you interact with during a normal school day?" Talk about how those interactions create connection.
- **Strong vs. Weak Connections**
 - Talk about what makes some connections feel stronger than others (trust, time, shared experiences).
- **Simple Acts That Build Connection**
 - List small actions like saying hi, smiling, including others, or listening.

May - Reflection

- **Then and Now**
 - Ask: "What is something you can do now that was harder at the beginning of the school year?" (skills, classes, friendships, routines)
- **If I Could Tell My Past Self...**
 - Ask: "What would you tell yourself at the start of the school year?"
- **Mistake to Lesson**
 - Talk about a simple mistake and what it taught them (focus on learning, not judgment).
- **School Year Snapshot**
 - Have them describe their school year in three words, then explain why.

