

## First Session

### Question and Theme for the week:

How are you feeling? Discussion for today - Getting to Know You or Getting Reacquainted.



**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.

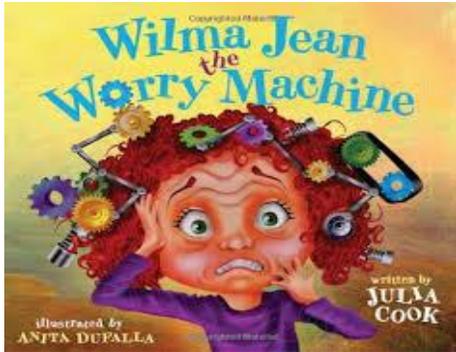
If this is your first-time meeting, share some things about yourself and ask questions, too. Below are some conversation starters. \*\*\*

- Favorite school subject and why?
- When is your birthday?
- How many brothers and sisters do you have?
- What is your favorite color, actor, movie?
- 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?
- 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.

**Question of the week:** How are you feeling? What is your favorite thing about school?

**Weekly Theme:** How to Deal with Worrying



**This week's activity is to watch and listen to this recorded book, "Wilma Jean the Worry Machine"**

<https://www.youtube.com/watch?v=ngBJ73R7B4o>

**After watching the video, review the following questions with your mentee. Once they create the list, break the list up into two groups: Worries they can control, and worries they can't control. Create strategies to control certain worries and ways to work through the ones you can't control.**

**Think:**

- What are some of the worries Wilma Jean has? Can you relate to her worries?
- What happens to Wilma Jean when she worries?
- What did Wilma Jean's teacher do to help Wilma Jean with her worrying?
- Why is sorting our worries (like Wilma Jean's teacher did) helpful?

**Activity: Make a list of your worries. Separate them into worries you can control and how you can control; and a list of worries you can't control. Spend some time talking about what you can control.**

**Question of the Week:** Describe the hardest thing you ever had to do?

**Weekly Theme:** How to make friends



Watch this video with your mentee to discuss strategies to make new friends.

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

**Activity:** After watching the video ask your mentee to discuss and write down three things they will do, when trying to make a new friend.

**Discuss:** Remind your mentee that it's okay to be nervous. Remember to ask a question and have a good attitude.

**Question of the week?** How are you feeling? What do you miss most about your friends when they are not around?

Sometimes students struggle with verbally communicating how they are feeling. Use the graphic to explain what those feelings could look like. Ask them to show you what each of those feelings look like to them

**Weekly Theme:** Discuss their Goals and Dreams



**Activity:** Assist your mentee in creating a list of goals and dreams they have.

**Discuss with your mentee:** Our strengths are often great tools to help us achieve our goals and dreams. What are some ways you'd like to use your strengths to achieve your dreams for the future?

**SMART GOAL TEMPLATE** – Questions to ask.

- Describe goal – have the student write down the goal on a sheet of paper
- How will you achieve the goal? Have the student be specific: how, where and why. Ask good open-ended questions.
- Time-Frame for the goal to be completed.
- How will you track where you are with your goal?
- Is the goal achievable and realistic? Talk out why and how?

**Start with the first question:** How are you feeling? [Feeling chart](#) Describe something you do when you are feeling stressed.

**Weekly Theme:** Academic Strategies



What academic skills are the biggest challenges for you? What are some strategies you use to help you with those challenges? Create a list of your challenges, and then discuss with your mentor strategies that can help you overcome your challenges.

**Example of some challenges:**

- Following a routine.
- Seeing someone being bullied or being bullied.
- Getting my homework done.
- Waking up in the morning.

**Question of the week:** How are you feeling? [Feelings chart](#) What is something that really gets on your nerves? Why?

**Weekly Theme:** It's Okay to Make Mistakes



**This week's activity is to watch and listen to a recorded book or video on making mistakes.**

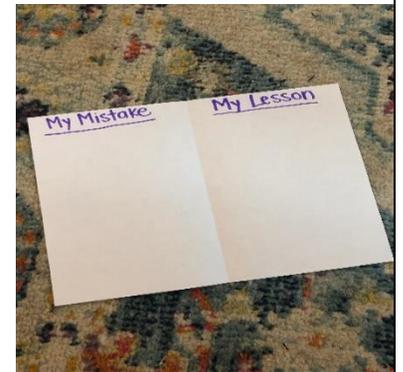
[https://www.youtube.com/watch?v=JC\\_8TYUDth8](https://www.youtube.com/watch?v=JC_8TYUDth8) Link for a young girl

<https://www.youtube.com/watch?v=aLVYtfqSsK0> – Link for a young boy

**Think and Discuss:**

- How do you feel about making mistakes?
- Were you ever afraid of something but you did it anyway? What made you try something scary?
- Beatrice “felt her stomach jumping around inside her.” How do you think she is feeling? How do you know?
- In your opinion, which is more important: learning from your mistakes or being perfect?

**Activity:** Fold a piece of paper in half. On one side, draw or write about a mistake you have made. On the other side, draw or write the lesson you learned from your mistake.



**Question of the week:** How are you feeling? [Feelings chart](#) If you could be a superhero, what would it be?

**Weekly Theme:** Responsible Decision Making



**This week's activity is to watch this video on responsible decision making.**

<https://www.youtube.com/watch?v=y8Ef94msjoU>

**Think and Discuss:**

- What is the responsible choice for Jordan to make and why?
- What might happen to Jordan if he makes a poor choice?
- Can you think of a time when you had to make a good choice? Was it easy or hard? Explain why.

**Question of the week:** How are you feeling? [Feelings chart](#) What non-technology activity do you enjoy?

**Weekly Theme:** Positive Self Image



**This week's activity is to watch and listen to this recorded book, "Amazing Grace."**

<https://www.youtube.com/watch?v=LmIfdJRSGQ> Link for a young girl

<https://www.youtube.com/watch?v=wTlyUKznXzk> Link for a young boy

**Activity:** Ask your mentee to list three things they like about themselves and three things they are good at.

**Discuss:** Point out that everyone has strengths and that these strengths are a part of what makes us unique and special. The fact that we are all different is also part of what makes the world interesting.

- Spend time with people who treat you well and help you feel good about yourself.
- Use positive self-talk, such as "I am strong, self-confident, and capable."
- Celebrate what you like about yourself and work on what you don't.
- Talk with a trusted family member or friend if you are feeling low.
- Treat others with kindness and respect that all unique individuals deserve.

**Question of the week:** How are you feeling? [Feeling chart](#) What is the hardest part about being stuck inside all day?

**Weekly Theme:** What I'm Grateful For



**I can BEE  
GRATEFUL**  
by letting others know  
how they have helped me.

**Discuss the following questions with your mentee.** Share your answers too.

- Describe what gratitude means or feels like to you.
- Does being happy make you grateful or does being grateful make you happy?
- Describe someone you know who appears very fortunate and seems to have every reason in the world to be happy but isn't. Why do you think this is so?
- Describe someone you know who has experienced a great deal of misfortune but is still happy despite unfortunate circumstances. Why do you think this is so?

**Activity:** Complete the following activity with your mentee. Encourage them to continue journaling and writing down things they are grateful for.

Date:

Today I'm grateful for...  
*enjoyed about today is...*

Date:

A little thing I can appreciate today is... *Something I really*

Date:

**Question of the Week:** How are you feeling? Describe a perfect day.

**Weekly Theme:** Strengths and Challenges



**Watch this video with your mentee to prepare for this week's activity:**

<https://www.youtube.com/watch?v=3CQusoJSh0E>

**Activity:**

You are unique and have your own individual strengths! List, draw, or describe at least five of your biggest strengths. Try to think about what you are great at, what you could teach someone else, or what a friend might say about you.

**Example:**

1. Caring
2. Artistic
3. Clever
4. Adventurous
5. Athletic

**Question of the week:** How are you feeling? [Feeling chart](#) Describe a good way for friends and family to spend time together.

**Weekly Theme:** Self Esteem Building



**Watch the following video together to prepare for today's lesson:**

<https://www.youtube.com/watch?v=qUkot-zFmqA>

**Activity:** Ask your mentee to take a sheet of paper and rip it into 10 paper strips. On each strip have them write down a word or phrase that describes them. Assure them that no one will see it, so it's important to be extremely honest. Have them arrange the traits in order from what they like the most about themselves to what they like the least.

**Discuss:** Pick their top two to continue to develop and the bottom two to set a goal on improving those traits.