

Seedling Activities to Engage in with Your Mentee

Activity: Build a Paper Tower (ES-MS)

Objective: Introduce engineering concepts while working together to design and build a paper tower using simple materials.

Reason: This STEM activity engages mentees in hands-on engineering, fostering creativity, critical thinking, and teamwork. It introduces them to basic engineering concepts while having fun building and testing their paper tower creations.

Materials Needed:

- Sheets of paper (8.5x11 inches)
- Scissors
- Tape
- Ruler (optional)

Instructions:

Introduction to Engineering: Explain that engineers design and create structures. Today, you'll be working together to build a tall and stable paper tower.

Planning: Discuss the importance of planning before building. Ask your mentee to think about what makes a tower strong and tall. Brainstorm ideas together.

Materials and Rules: Explain that you'll have a set number of sheets of paper and tape to use. You and your mentee can set a rule that only the materials provided can be used.

Design and Build: Start building!

- Fold and roll the paper to create cylindrical tubes (legs of the tower). Use tape to secure the paper tubes. Experiment with different lengths and widths.
- Assemble the paper tubes to create the tower's structure.
- Make sure to tape the tubes together securely to build a stable tower.
- Testing and Adjusting: Once the tower is built, test its stability by gently tapping it.
- Observe how it stands and consider how to make it more stable.

Height Challenge: Measure the height of your tower using a ruler. Encourage the mentee to think about how they can add height without compromising stability.

Reflect and Discuss: After completing the tower, reflect on the process.

Activity: Career Exploration Scavenger Hunt (ES-MS)

Objective: Introduce the mentee to different careers and encourage them to think about their interests and aspirations. You'll need School Contact permission for you and your mentee to walk around campus for this activity. If this is not possible, please refer to the materials below to complete this activity.

Materials:

- Sheet of paper
- Markers or crayons
- Pencil

Step 1:

Begin by discussing the concept of careers with the mentee. Explain that a career is a job or profession that people choose to do for a long time, and it's important to find something they enjoy and are good at.

Step 2:

Ask the mentee what they might like to be when they grow up. Encourage them to think big and consider different options.

Step 3:

Share a list of various careers with the mentee. These can include doctor, teacher, scientist, artist, engineer, firefighter, chef, veterinarian, etc. Discuss each career briefly, explaining what the job involves and the skills required.

Step 4:

Explain that you both are going on a "Career Exploration Scavenger Hunt." The goal is to find objects around the school (or draw pictures of) related to different careers

- Give the mentee the list of careers and explain that for each career, they should:
- Identify an object in the school related to that career.
- Identify objects related to different careers. For example, a teacher's desk for the teacher career, a fire extinguisher for the firefighter career, etc.
- If you are unable to walk around the school, and if you have access to the library, check with the librarian to see if there are any books you and your mentee could look through for the scavenger hunt.
- As you find each object, discuss why it's related to the career and briefly explain what that career involves.

Step 5:

Sit down together and review the pictures and objects the mentee collected. Ask the mentee which careers stood out to them and why. Discuss the skills they think they will need for those careers and why they find them interesting.

Activity: Mindful Art and Breathing (All Ages)

Objective: Help your mentee practice self-awareness and mindfulness through art and breathing exercises to promote relaxation and emotional well-being.

Materials Needed:

- Paper
- Colored pencils, markers, crayons, or watercolors
- Comfortable seating (cushions or chairs)
- Timer or smartphone with a timer app

Instructions:

Step 1:

Begin by explaining that mindfulness helps us focus on the present moment and can help calm our minds and bodies. To help your mentee gain a sense of mindfulness, ask them to think about where they are.

Step 2: Mindful Breathing

You and your mentee should find somewhere to sit comfortably. Guide them through a brief mindful breathing exercise:

- Inhale deeply for a count of 4.
- Hold their breath for a count of 4.
- Exhale slowly for a count of 6.
- Repeat for a few breath cycles.

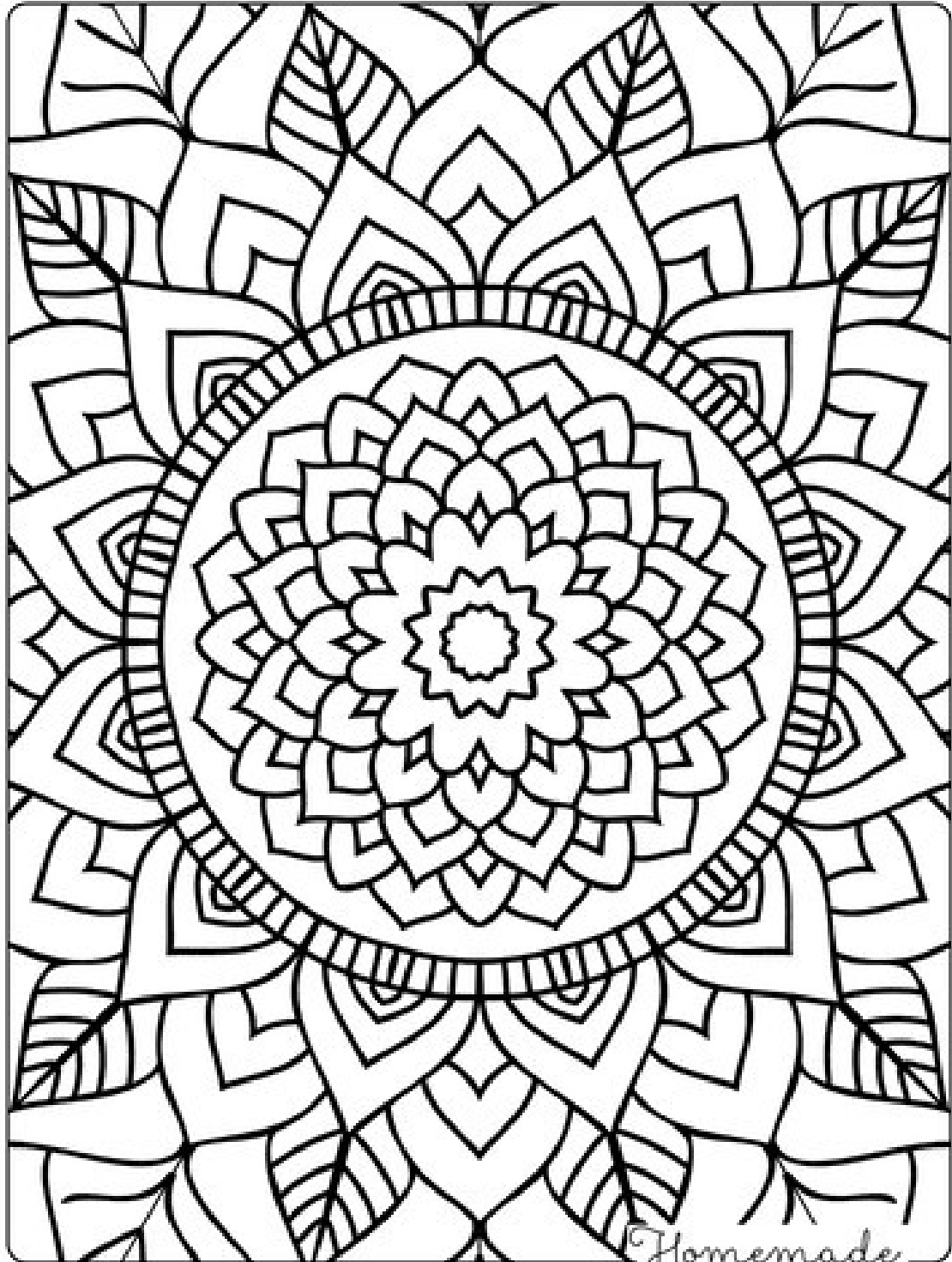
Step 3: Mindful Art

Ask your mentee to take a piece of paper and create a piece of art mindfully, focusing on the process rather than the end result. Encourage them to pay attention to the colors, shapes, and movements as they create.

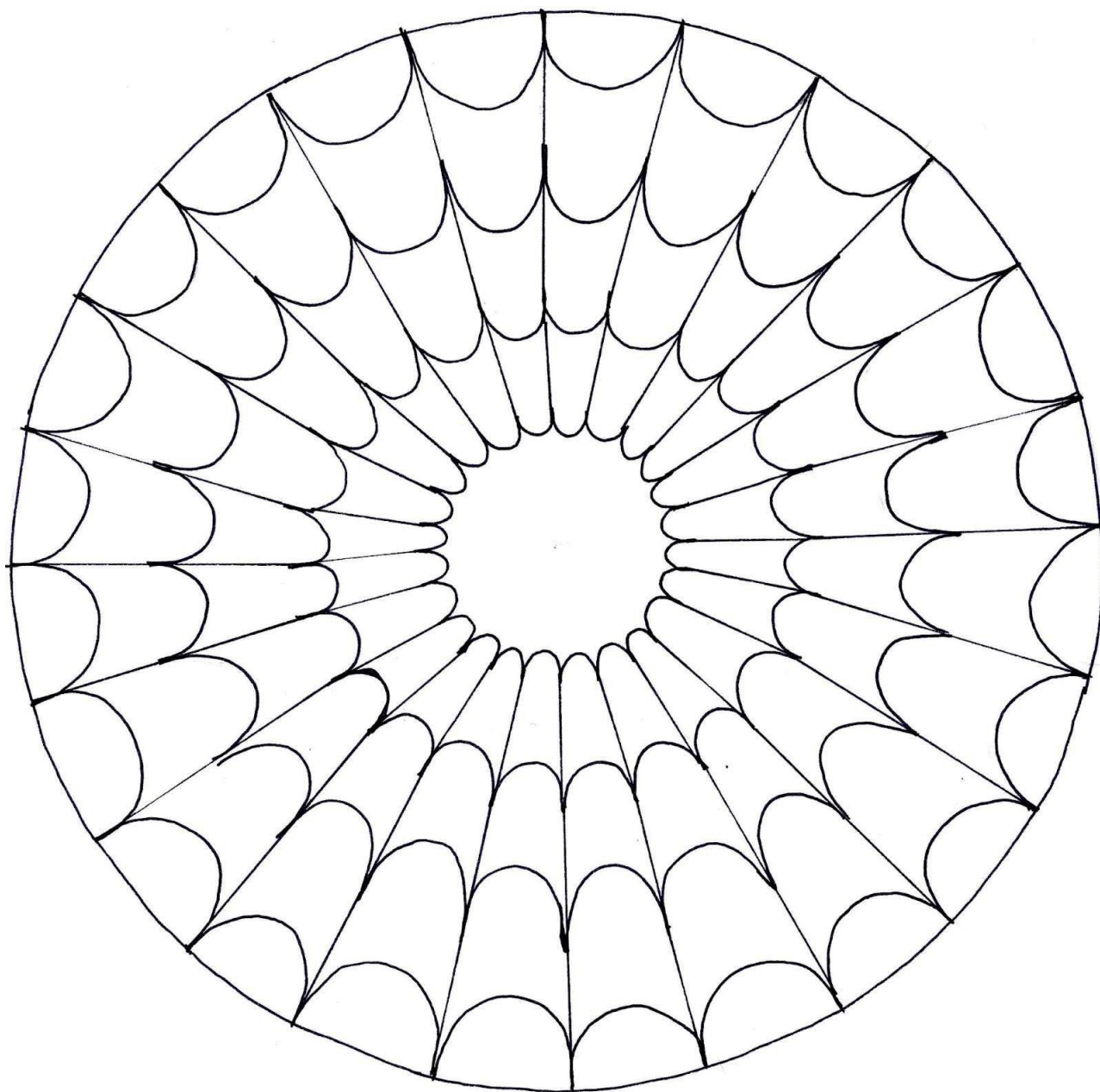
Step 4:

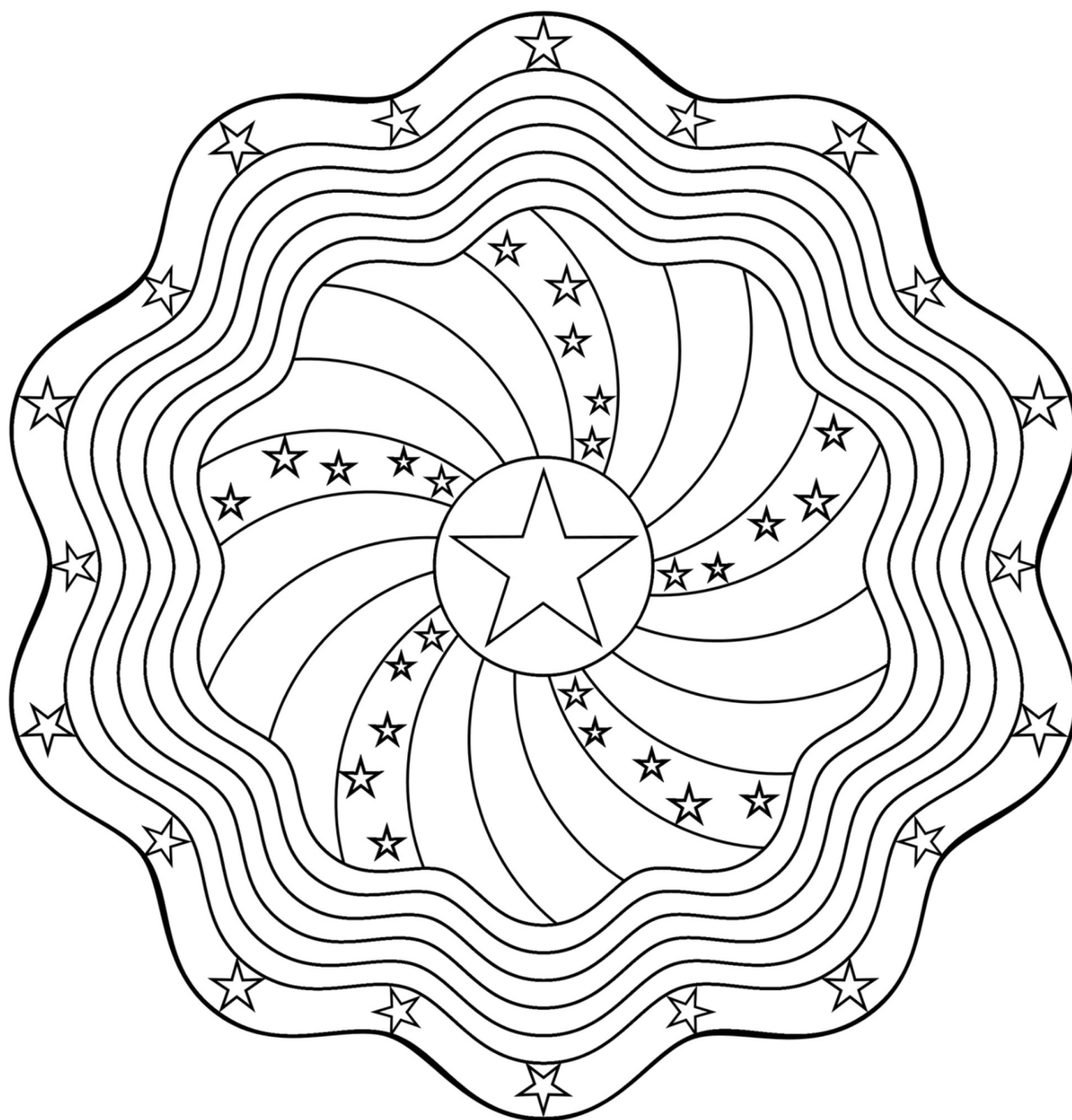
After the art session, ask your mentee if they feel comfortable sharing with you what they have drawn. Discuss what they noticed during the creative process and how it made them feel.

You can provide them with the following coloring pages as well to help foster a space of relaxation after the breathing exercise.



Homemade
GIFTS MADE EASY





Activity: My People Tree (All ages)

Objective: You and your mentee will explore who is most important to you and create a “My People Tree,” reflecting the different people or pets who make you both feel special. This activity can also serve as a conversation starter as it is a great way to get to know your mentee.

Reason: Through this activity your mentee can reflect on who is important to them in their life and why.

Materials Needed:

- Tree printout
- Markers, colored pencils, etc.

Instructions:

Step 1:

Explain to your mentee the purpose of the activity. Let them know that you’d like for both of you to make a “My People Tree” then share with each other once you both are finished. Make sure you and your mentee have your own tree printout.

Step 2:

Encourage your mentee to think about the people and pets who hold a special place in their hearts. These can include family members, friends, teachers, etc. You can also ask the following questions to help them start thinking about the people in their lives:

- Who in your life knows how to fix things?
- Is there someone you could trust with a secret?
- Do you have a best friend?
- Who knows how to cook?
- Who helps you feel safe?
- Who can make you laugh?
- Who cares for you?

Step 3:

On your tree printouts, each of you fill in your loved ones’ names, then color or decorate your trees as you wish!

Step 4:

After your mentee has finished their people tree, give your mentee a chance to share their decorated tree and why the people they have included are important to them.

Here are a few questions you can ask:

- How did you decide who to write on your tree?
- Did you discover anything new about the relationships in your life?
- Why is it important to acknowledge and appreciate the people and pets who are important to us?

Activity Suggestions:

- You and your mentee can discuss the idea of taking each other's people trees home to complete and bring back to your next visit.
- Ask your mentee if they wouldn't mind if you took their completed people tree home to make a copy and bring the original back to their mentee.
- Make a copy of your completed "My People Tree" to give to your mentee.

Activity: Explore Your World

Option 1:

Ask to borrow a globe from the school library. Invite your mentee to spin the globe with eyes closed and when you say stop, the mentee is to put his/her finger on the globe to make it stop. Wherever the finger lands, that is where discussion can begin. Mentor and mentee can take turns spinning the globe. Discussion can involve a set of questions that you can use over and over again no matter what country the finger lands on.

- Online globe: <https://travopo.com/challenge/>

Tips on what to discuss (more from the mentor side depending on age of mentee):

1. Ask: Have you ever heard of this place?
2. Be sure to point out the country name, its capital city, and its continent.
3. If you have been there, talk about what it was like and if you haven't, discuss what you do know about it.
4. Discussion can lead into: the language spoken there, the foods they eat, the landscape, the history, the people, customs and/or traditions.
5. Options might be to: check out a book on this country, go online and take a virtual tour of the country (or one particular city in the country), play a guessing game where you ask questions like: Do the people in this country speak English, Spanish, French or Danish?
6. You can discuss how ethnicity ties into the world and how people from different countries look different because of their environments and heritage.
7. Discuss what you would do if you went to visit the country. Would you spend more time in the cities or in the countryside?
8. The discussion around this activity can go on for many visits. Kids absolutely love globes and they love talking about geography because they are seldom exposed to this information in the classrooms. This is an activity to help bring back geography and

teach you and your mentee new things about the beautiful, diverse, and unique world we live in.

Option 2:

If you cannot access a globe from the librarian, you can always use the print out of a world map. Instead of spinning, you would both take turns closing your eyes, moving your finger around the world until one of you says STOP, and begin from there.

Activity: Would You Rather

Purpose: Playing “Would You Rather” is a great way to get to know your mentee as it can also serve as a conversation starter.

Instructions: Using any of the links below, you and your mentee can take turns asking each other “Would You Rather” questions, or you can make up your own! Questions could be silly, funny, or serious. All in all, this activity is a great way to get to know your mentee and for your mentee to get to know you!

Website: <https://www.seedlingmentors.org/would-you-rather/>

Would You Rather Questions:

- <https://woojr.com/printable-rather-game-kids/>
- <https://conversationstartersworld.com/would-you-rather-questions/>

What if In a Jar (Amazon link): optional

- <https://a.co/d/iBP5LkH>

Activity: My Timeline

Purpose:

To learn more about your mentee's past and present and give the mentor an opportunity to self-disclose appropriately. Self-disclosure can be a very effective tool. It allows the mentee to hear about how adults "come back" from hard times in safe and healthy ways. Additionally, completing the timeline gives both the mentor and the mentee an opportunity to learn more about their experiences that helped shape the person they are today.

Something to Keep in Mind:

Each mentor's and mentee's comfort level with self-disclosure varies.

Any experience shared by the mentor should be one that the mentor can easily talk about and is appropriate to share with a student.

Examples of appropriate life experiences for a mentor to share would be the day in childhood when a pet or family member died; when you started school; when, or if, you had a baby or got married; broke a leg; learned a new language; graduated from high school or college; or took a special vacation. Life is about various ups and downs. It is good for children to see that adults can experience many ups and downs using healthy coping skills.

Materials:

- Markers, pencils or crayons
- Paper

Getting Started:

- Each person takes 5-10 minutes to create their timeline. Draw a line across the paper.
- Write the date you were born at the beginning of the line and work your way to the end, placing important dates and events that hold wonderful memories, provided challenges and shaped who you are.

- Allow your mentee to be creative and support their self-expression. Since children are visual learners, drawing pictures of babies, family members, diplomas, houses, smiley faces, or broken hearts is encouraged to describe defining life moments.

Processing:

After both mentor and mentee complete his/her timeline, take turns sharing. Notice similarities or differences in experiences. You can elaborate on and encourage, when appropriate, coping strategies you used to get through hard times.

Activity: Feelings Cube

Purpose: To engage mentee in play and to promote emotional literacy and empathy.

Supplies:

- Paper cube template (print on card stock for best results)
- Scissors
- Tape
- List of feeling words
- Markers

Set Up: Using one of the templates below, you and your mentee each cut out your paper, fold them into a cube, and use tape to secure them. Model how to do so for your mentee if necessary.

Pre-Play: After constructing cubes, together with your mentee, choose words from the list below and write one on each side.

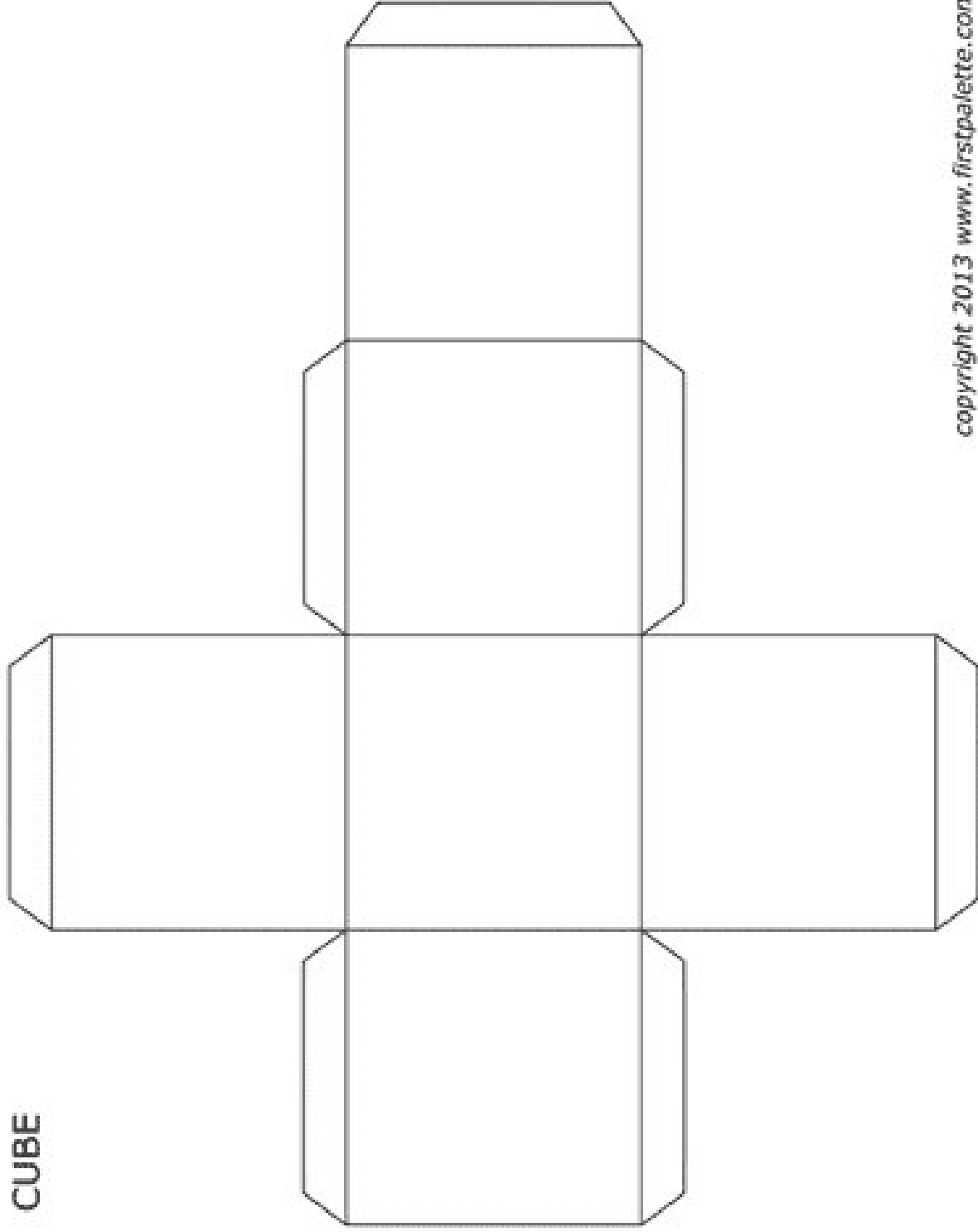
How to play: The first player rolls both cubes and reads aloud the words that landed face up on each cube. The player who rolled the cubes then chooses one of the two words and describes a time when he/she had that feeling. Take turns rolling the cubes and sharing feelings.

Conversation prompts: Tell me more about that? What happened next? How was that for you?

Feeling Words List:

Proud	Embarrassed	Frustrated
Happy	Angry	Boisterous
Sad	Thoughtful	Confused
Pressured	Lonely	Mischievous
Left Out	Loved	Excited
Guilty	Scared	Fearful
Nervous	Content	Silly
Excited	Shy	Bothered
Generous	Worried	Just ok

CUBE



Cube Pattern
Cut on solid line • Fold on dashed line •

