



MAKING ROOM FOR FUN AND PLAY!

WHAT DO YOU DO TO MAKE YOU AND YOUR MENTEE SMILE OR LAUGH?

“Play is work for a child. So, the work of a mentor is to relearn to play like a child.”

Use play as a backdrop for conversations:

- Parallel Play - coloring, drawing, building, Partner Doodle
- Board Games
- Reading a book aloud
- Discussing a movie or book
- Crafts - knitting, crocheting
- Sports- toss a ball, frisbee, shoot baskets
- Cards - Go Fish, Hearts, Gin Rummy, Memory, UNO
- Charades
- Puzzles - Word Search, Crossword, Sudoku, Hangman
- Make a Vision Board or a Collage

Use play as context to communicate appreciation of the mentee's focused engagement:

- Mentee showing you their drawing, singing, dancing, acting skills
- Mentee showing you their athletic skills - shooting baskets, running, football/frisbee throwing
- Tour of the school - bulletin boards, trophy cases
- Mentee shows you their schoolwork or a project
- Let mentee show you something they are knowledgeable about and teach you

Use play to connect, bridge differences, and share experiences:

- Mentor shares a personal story or a funny moment in their life or recent happenings
- Mentor shares a tradition or mentoring ritual
- Mentee teaches mentor a game or skill
- Share jokes, riddles, puns
- It's a Mystery! - Write down a list of things you want to know; "Why is it dark at night?" "How does a car work?" "How does an airplane fly?" Go to the library or the internet to figure out the answer together
- Create a Timeline, Family Tree, My People Tree (see resources included on last page)

Mentor expresses joy:

- Express joy in seeing your mentee
- Express joy in response to seeing your mentee deep in play and fun
- Nonverbal language - smiling, facial expressions, leaning forward, reflecting

Resources-

- 52 Mentor Activities: An activity for each week!
- <https://connecting-generations.org/wp-content/uploads/2016/10/52-Mentor-Activities.pdf>
- Activities on Seedling Website:
- <https://www.seedlingmentors.org/activities/>
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- <https://www.seedlingmentors.org/wp-content/uploads/2023/10/Activities-to-Engage-In-with-Your-Mentee-Edited-2.pdf>
- Informational:
- <https://www.mentoring.org/wp-content/uploads/2022/01/BBM-Chapter-3.pdf>
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- <https://www.seedlingmentors.org/the-importance-of-play/>

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