



CCA East's Mentoring Program Packet

- 10 Ways to Be a Good Mentor
 - How to Mentor a Troubled Child
 - 52 Mentor Activities: An activity for each week!
 - 2nd and 4th Wednesday of EVERY Month
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- September 10th
- Beginning Wednesday, [redacted] students will travel to their designated locations for mentoring time.
 - Mentoring time is 2:50-3:50 on the 2nd and 4th Wednesday of the month.
 - Mentoring IS NOT RECESS BUT PLANNED SIMPLE ACTIVITIES.
 - Mentoring should not be taken away due to behavior issues in the classroom or throughout the building.
 - Feel free to contact parents and communicate with them as well as their child's mentor!
 - Please take this responsibility with PRIDE.

10 Ways to be a Good Mentor

Good mentoring relationships can be richly rewarding, not only for the person being mentored, but for the mentor too.

Mentors can, among other things, provide exceptional learning experiences for their mentees and, in doing so, expand their mentees' awareness, insight and perspective.

Here are 10 things you can do to be a good mentor:

1. Be credible

The best mentors I've encountered have been people that have credibility in, and have personally achieved success in, the area where I'm looking for support. For this reason, most people will seek the guidance of different mentors to help them develop specific skills or qualities, or to help them reach important decisions. Being credible doesn't mean that you need to have all the answers. The best answers for your mentee will come from their own thinking, with the help of your wisdom to support them.

2. Be a positive role model

Good mentors are respected by their mentees. A mentee can learn a lot from their mentor simply by watching how their mentor behaves in any particular situation. Good mentors will also look out for experiences, or even create situations in which their mentees can become involved to learn new things, for example, providing a look behind the scenes or a glimpse at how other people live or do things.

3. Be genuinely interested in your mentee as an individual

A mentoring relationship is a very personal one, which is often very important to the mentee, so, as a mentor, you need to get to know your mentee personally, about their hopes and dreams, so you can help them in a way that meets their personal best interest. For this reason, a parent is often not a good mentor for their child, as their parenting relationship and emotional connection will influence their guidance. That's not to say that a parent can never provide a mentoring moment for their child - they can - however, a parent can't be as objective as a person who's independent of the parenting role. In the same way, a manager is also not the best person to mentor someone on their team, as they'll often have a conflict of interest to contend with, between what's in the best interest of each individual and what's in the best interest of their team.

4. Share your experiences and insights

In doing so, choose stories that you feel are appropriate and helpful, but do so in a neutral way, without any attachment to how your mentee will use this learning. Be open to sharing your mistakes and failures too, as these are often where our biggest lessons are learned. It will also help your mentee be aware that challenges will arise, and the way you dealt with the situation might also help them gain insight about how to build resilience.

For more business, executive or life coaching tips and strategies to help you achieve your goals and create and live the life you've always wanted, visit www.blueskycoaching.com.au or to find out how you can work with me personally, contact Tania below.

5. Ask open questions

Asking your mentee open questions will help you as a mentor to identify their real needs, values and passions. It's also a great way to get your mentee to think through situations themselves and draw out the consequences of the various choices or courses of action they can take. During these conversations, you can share your wisdom, without making decisions for your mentee. That's their job.

6. Act as a sounding board

Mentees benefit greatly from the opportunity of having a good mentor listen to them. Allow them to explore their thoughts and ideas openly with you. This will often help them unravel their thinking and gain insights about a situation as they share their concerns with you.

7. Provide a fresh perspective

One of the benefits of working with a mentor is that a good mentor will often provide their mentee with a fresh perspective on an issue. A good mentor will often have the clarity of distance from an issue or problem that's needed to provide objective feedback to their mentee. They can also hold up a 'mirror' to the mentee to, for example, let the mentee see what their behaviour looks like to others.

8. Provide helpful feedback

Not all feedback is helpful. A good mentor knows this and will deliver feedback in a way that will help their mentee gain insight to further develop specific qualities or skills. For example, a good mentor will always ask for permission to give feedback before doing so. Giving unwelcome feedback can be detrimental to any mentoring relationship. Instead, explain what you'd like to talk about first and highlight the benefits of doing this.

9. Acknowledge achievements

Highlight for your mentee any achievements they might have forgotten, to help build their confidence. Remember to celebrate their successes on your mentoring journey too.

10. Offer your advice, but only if your mentee asks for it

It can be very tempting for a mentor to just jump in and offer advice before a mentee has actually asked for it, especially when you've dealt with a similar situation yourself. Being a sounding board for your mentee, allowing them to discuss the situation with you, then helping them to think through the situation by asking them questions to draw out the consequences of various actions, is always more empowering for a mentee than advising them what to do. It helps them work through the issue and come to their own conclusions. By doing so, you ultimately help them to learn to think through issues themselves and trust their own judgement, both valuable life skills.

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How to Mentor a Troubled Child

Thousands of children are crying out for someone to love and help them. There are children that have so much to offer to our world, but need a helping hand. Mentoring a child in a positive way could make a profound difference in their life. Being a mentor is someone between a parent and a friend who guides a child walking uncertain terrain. Here are steps for how to mentor a troubled child.

Ad

Family Mission Statements

wealthmanagement.ml.com/

Create An Effective Family Mission Statement With These Eight Steps.

Steps

1 Be a friend to the needy child. Remember that you are not there to be a surrogate parent or an authority figure, but, instead, a friendly face for the child to communicate with.

Ad

(3) Sure Depression Signs

depression.hearthappy.com

3 Signs That Always Mean Depression Learn Them Now: You May Be Shocked!

2 Be a good example. "Monkey-see monkey-do" is a very true statement. If you are going to tell the child how to be a good citizen, then *you* need to be one. If the child hears or sees you do something, there is a good chance the child will repeat it. Always be the person that you would want your mentor to be.

- Being a good example doesn't mean that you have to be perfect, or that you can't show your weaknesses. One thing children can - and should - learn is how to work with or around shortcomings and problems.
- If you can apologize when you're wrong to the child as well as in front of the child, you will make a far greater impact than if you never admit mistakes. That's one of the biggest life lessons a mentor can give any child, that it's okay to be wrong and apologize.

3 Relate with the child, if it is possible. Doing so will allow the child to feel as if you understand them, especially if you share a similar story that happened in your own life. The child will then be more open with you.

4 Be honest with the child. Troubled children are often very good at detecting dishonesty, because, more than likely, they have been lied to in the past. If you cannot relate to the child, do not pretend that you can because the child will know that

you are lying. Being dishonest will make it harder for the child to trust and open up to you.

5 Listen to the child. The most significant thing a child might need is someone who gives them the time of day, and listens to what they have to say. Most troubled children do not have anyone in their life who cares enough to listen to them. Mentoring a child is not always sharing your knowledge or thoughts, but allowing the child to share their life with you, and just lending a sympathetic ear.

6 Make a plan for the future. Part of mentoring is making simple long- or short-term goals for the child to accomplish. The sense of accomplishment is something every child needs; therefore, you need to help pave the way for the child's success.

- Making plans with the child and letting the child set his or her own goals is even more powerful. Listen to the child's goals and help them refine their goal setting. Discuss them and set it up so the child's making the decision after looking at all the alternatives. That teaches independence and sensible goal setting, the achievement also becomes a lot more important to their confidence in life when they are responsible for the decision of making the goal.
- Even goals that sound unreasonable at first glance can be broken down into many smaller ones. A child that wants a horse someday can work toward becoming knowledgeable about horses and horse care, save money, plan a life that will allow living in the country where having a horse is more practical. Listen for how often an "impossible" goal is repeated among other fantasies. If it's a deeply felt calling to a particular profession, the child would probably be happiest later in life following it - whether that's training horses, going into medicine, driving a truck, owning a restaurant, becoming an artist. People are happiest in life if they love their work.

7 Have fun with the child. Remember that the child you are mentoring is still a kid, and wants to have fun. Allowing the child to forget their past or present problems, and act their age is something they will thrive on. This will also relax the child, and make them feel like they can trust you and open up to you - because they consider you to be a *friend*.

Ad

Adoption

www.morningstaradoption.org

A Loving Choice for your Child! Located in and Serving Michigan

Know another method for How to **Mentor a Troubled Child**? Add it here...

Name your method

Add your steps using an ordered list. For example:

1. Step one
2. Step two
3. Step three

Add Method

Tips

- Make sure that the child knows you want to be there, and that you enjoy being with them.
- Be a strong and positive example.
- Listen just much, if not more, than you talk.
- Avoid lecturing them on what is right and wrong; they may feel as if they are being attacked.
- When the child shares a problem they are having, share possible solutions and ramifications for their choices.

Ad

Start a Mentoring Program

chronus.com/Mentoring-Software

Proven Mentoring Solution To Run Your Successful Mentoring Program.

Warnings

- It might take a while for your child to warm up to you in order to build a close relationship. It's okay, give it time!
- The child may be very disrespectful at the beginning.
- The child may share very shocking stories, but do not let that show on your face. It's important that you accept and listen with empathy, not shock and horror. One way to prepare for this is to read stories about children facing similar or worse traumas so that you've overcome your own horror that anyone would do those things to a child. You can also share some of those survivor stories with the child, it may give them hope and belief that they too can overcome their traumas.

Article Info

Categories: [Behavioral Issues](#)

Recent edits by: Nicolas Ndamb, D rae, Lillian May

In other languages:

Español: [Cómo guiar a un niño atribulado](#)

Ad

How to Fix Your Marriage.



www.marriagemax.com/7-Secrets-Free

"I suggest you read this..." 7 Secrets to Fixing Your Marriage.

Thanks to all authors for creating a page that has been read 11,290 times.

52 Mentor Activities: An activity for each week!

Feel free to change the activities to fit your mentee's interest, or come up new activities!

- 1) "Mentees are teachers!" Let your mentee plan to teach you something they are knowledgeable about, and let them teach it.
- 2) "Go on a trip!" Not really of course, but choose a place you have always wanted to visit (Fiji, Greece, Disney World) find pictures and fun facts in magazines, books and online. When is the best time to go? What do you want see while you are there? Then make your own scrapbook or travelers guide. A great way to explore and learn geography!
- 3) Play the "Who, what, when, where, why, how" game. Rip 6 pieces of paper and on each write "who", "what", "when", "where", "why" and "how". Read a story, and take turns drawing one of the pieces of paper and answering a made up "who", "what", "when", "where", "why" or "how" about the story.
- 4) "Learn a language!" Learn Sign language, Spanish, Latin or Pig Latin! Teach each other a new word or phrase at each session. Write them down to keep track and see how many you can remember.
- 5) "Show and Tell!" You and your mentee can both bring in photos or items that important to you.
- 6) Set a goal
- 7) "Act it out!" Go to the library find a play, and read it out loud.
- 8) Make your own board game.
- 9) You can each make a list of 25 things you want to do or accomplish during your lifetime and share it with one another.
- 10) "Write a letter!" Talk to your school's mentor coordinator about finding a pen pal for you and your mentee at their school (the principal or guidance counselor), abroad or with armed service member.
 - a. For younger students you can work on your letter together letting them dictate to you or maybe help to write.
- 11) "Serve!" Come up with a service project you can do at your mentee's school. Plant flowers or plan to read to a lower grade.
- 12) "Rubber Egg?!" Do the rubber egg experiment or another egg experiment. Plan it out, come up with a hypothesis and make sure to get permission from your mentor coordinator.
(<http://www.eggs.ab.ca/kids/Egg%20Science/splash.htm>)
- 13) "Check mate!" Teach each other how to play chess or checkers, get a book from the library to figure out how.
- 14) "Extra, extra!" Pretend you are a news paper reporter and schedule to interview someone interesting in your school. Prepare a list of questions with your mentee and see if you can set-up an interview with a teacher, the school nurse, the PE teacher or the principal.
- 15) Make a bird feeder. Do your research on what types of birds are in your area. Find out about each bird's preferred habitat and diet. With the right food, you may be able to attract some birds that you don't normally see otherwise.
- 16) "Story Swap!" Starts writing a story with your mentee, then each take turns taking the story home and adding new fun twist and turns to the story.
- 17) "What is onomatopoeia? Find out!" Each of you seek out new and interesting English words and share them at your next session. Make your own book of definitions.

* Corresponding page numbers refer to the Creative Mentoring activity guide

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- 18) "What's your plan?" Make a timeline of your life over the next 5-10 years. What do you want to accomplish by the time you are 10, 16, 18 and 25?
- 19) "Make a collage!" Choose a theme like: "What do I want in my future?", "What is fashion", "What I want to be", and find pictures and words in old magazines and glue them on paper.
 - a. For younger students you can collage a specific letter and cut pictures out that begin with that letter, or make a number chart finding and cutting out pictures of: 1- dog, 2- letter "w", 3- shoes, etc.
- 20) "Play!" Learn how to play a new sport. Look up the rules, find clips, etc of how to play cricket, hacky sack, or water polo.
- 21) Make a kite
- 22) Play Frisbee
- 23) Make a scrapbook or photo album
- 24) "Knit or Crochet!" Find books in the library or clips online on how to do it, and learn how together!
- 25) Paper Airplanes! Find a book or website about how to make different kinds of paper airplanes, and have a contest to see whose goes the farthest!
- 26) Discuss a current event
- 27) "Take a tour!" Let your mentee give you a tour of their school.
- 28) "Help wanted!" Fill out mock applications for jobs or help your mentee create their résumé. (<http://sbandcompany.com/images/practice-employmentapp.pdf> or <http://jobsearch.about.com/od/jobappsamples/a/sampleapp.htm>) If the mentor has a résumé you may want to bring it, and share it with your mentee (Be sure to remove any personal information).
- 29) "Solve it!" You and your mentee both take time making up your own math worksheets, then swap sheets, set the timer and see how many each of you can get done. This is most beneficial as a skill/self-esteem building activity if the mentor makes sure the math problems they create are on their mentee's math level. Your mentee will get a kick out of making your problems as difficult as they can! 😊
- 30) Organize! Assist your mentee in organizing school work and developing study schedules.
- 31) Take your mentee's spelling words and cut the letters to spell each word out of news papers, magazines, and pictures (when applicable), etc. and make spelling word flashcards.
- 32) Play tic-tac-toe or the dot game
- 33) Go bird watching- or virtual bird watching.
- 34) Learn how to make Origami
- 35) Every day is a holiday! Make a card or draw a picture for any upcoming holiday like Arbor Day, or Talk like a Pirate Day
- 36) Write a haiku
- 37) Write a rap or a different style of song, especially as a method to help them remember key facts for a test or spelling words.
- 38) Play 20 questions
- 39) Put together a puzzle or make your own.

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- 40) Learn to play a new card game like "I declare war", "Go Fish", Hearts, Gin Rummy, Memory, Old Maid
- 41) Play hangman
- 42) Create a flip book
- 43) Learn to play chess
- 44) Play Sudoku
- 45) Practice positive imagery and relaxation techniques with your mentee. Find an area you would like to work on or improve and use positive imagery to start to make it happen!
- 46) Do a crossword puzzle or word search, or make your own!
- 47) Take turns reading a page, paragraph or sentence from funny story aloud.
- 48) Walk on the playground and find as many leaves as possible and then try to find which trees your leaves came from.
- 49) Teach your mentee a clapping game.
- 50) Make your family trees.
- 51) Play charades.
- 52) "It's a mystery!" Write down a list of 10 things you've always wanted to know. "Why is it dark at night?" "How does a car work?" "How does an airplane fly?" Go to the library or go to the internet and figure out the answers!

Other ideas:

- Color or draw a picture
- Play Math 24-Card Game! Talk to your school coordinator for more details!
- Check out these website for kids:
 - <http://www.peacecorps.gov/kids/>
 - <http://www.nasa.gov/audience/forkids/kidsclub/flash/index.html>
- Make your own cereal dispenser (<http://pbskids.org/zoom/activities/sci/cerealdispenser.html>)
- Make your own water filter! (<http://pbskids.org/zoom/activities/sci/waterfilter.html>)
- For the holidays. Because your mentee is younger they might not have a lot of their own money, help them make a list of what would really help the people on their list, and what they can do help. (Examples: Read a sibling a story, help around the house, help outside the house, write a story, make a card, etc.)
- For more activity ideas please check-out www.creativemenetoring.org

* Corresponding page numbers refer to the Creative Mentoring activity guide