



Circle of Friends

Transforming Lives, One Child at a Time

Mentor Meeting
11/3/22

Updates

- Shaina and Henry
 - Survey's
 - How to handle behaviors
- Kelly
 - Fun Run
- Mary
 - Smart Readers
- Hygiene kits
- Computers to our HS kids – would like mentor in attendance when we do that
- Mentor Supplemental Training – crafting party
 - Wednesday, November 16 @ 6 pm
- Mentor Coffee
 - ?? discuss chapter 2 & 3 of resource manual
- Meetup – Suicide Prevention

Social Skills Building (Helps social emotional development)

- <https://urbanwellnesscounseling.com/10-ways-improve-social-skills-children-teens/>
- <https://thinkpsych.com/blog/9-social-skills-activities-for-high-school-students/>
- Social Skills Games
 - <https://hes-extraordinary.com/games-that-teach-social-skills>
 - Awkward Moments (teens)
- Play get to know you Bingo

Connecting Through Conversation

Where I'm at Today Directions

1. Place the *Where I'm At Today* continuum between you and your mentee (see attached). Explain that a little stress might help keep us on our game, but too much and we can feel overwhelmed. Stress can mess with our ability to concentrate or motivate us.
2. Ask your mentee to draw a star and write today's date anywhere on the continuum, even in between the markers, to indicate his or her stress level *today*.
3. Next, ask your mentee to think for a moment about how today's stress level feels. Ask them to look at the words listed below the continuum and place a star next to the words that most accurately describe the feeling that stress brings up for him or her. If your mentee would like to add words to describe the feeling of stress that aren't on the list already, encourage him or her to write in the space provided.

Deepening the Conversation

Following are examples of questions that help you move from brief check-in to a deeper conversation with your mentee:

- What do you think is causing your stress today?
- When you are stressed, what do you do? Who or what makes you less stressed?
- When is stress helpful?
- What are some ways a person in a mentor role can help you with the situation causing stress?
- What is one positive action step you can take immediately to change the situation that is causing your stress?

Next Mentor Meeting: Thursday, 12/1 @ 5 pm or Friday 12/2 @ 10 am