

# INITIAL SIX WEEK CURRICULUM

Each week there will be a particular focus. The mentor and mentee should use the conversation suggestions/activities provided in order to get to know a little more about each other. While you should touch on each one of the topics listed below, the activities included in the curriculum are suggestions. They are just meant to assist you and your mentee in getting to know each other better. Feel free to adjust the activities or questions to fit you and your mentee. Make sure you look over the activities ahead of time so that you can choose an option that will be the best fit and figure out what supplies you need. You may also need to let your mentee know a week ahead if there is anything he/she should bring from home. During the one-on-one meetings, the mentor and mentee may also work on homework or other educational activities as well as play games, do a craft together, or other fun activities.

## Week 1: Favorites

Discover each other's favorite things. Use this time not just to list off your favorite things but also to talk about those things and share stories. Find out what you have in common and what is unique about each person.

- Option #1: Complete the list of favorites for the mentee and mentor. Share stories as you go through the list.
- Option #2: Use magazines and cut out pictures to make a collage of some of your favorite things. Share your collages with each other and talk about why those items are your favorites.

## Week 2: Family

Share a little bit about your family. Talk about the things that you love about your family and some traditions your family has. Share stories about special memories. Answer the questions provided about family to help spark your conversation.

- Option #1: Draw a picture of your family (you can include your house and pets if you would like), and share about your picture.
- Option #2: Bring in some photos of your family and share about the people in the photos and memories that go along with those photos.
- Option #3: Create a family tree. You can use posterboard, construction paper, post-its, markers, etc.

### **Week 3: Friends**

Talk about your friends and share some stories of good times spent with them. Complete the questions, and discuss your answers together. Talk about why friends are important and what makes a good friend.

- Option #1: Draw a picture of you and your best friend doing something that you love to do together.
- Option #2: Make friendship bracelets as you talk about your friends and what it means to be a good friend.
- Option #3: Read *The Rainbow Fish* and do the friendship fish activity together.
- Option #4: Create a collage that expresses friendship.

### **Week 4: School**

Complete the questions about school, and discuss your answers together. Encourage your mentee to explain their answers. Share some stories about school memories.

- Option #1: Draw pictures of school friends and teachers in the school bus, and share stories about those people.
- Option #2: Bring in yearbooks from school and share about some of the things you have been involved in at school.
- Option #3: Create something that your mentee can use at school that will serve as a reminder of your time together. For example, make a lanyard that he/she can attach to a backpack, make and decorate bookmarks, decorate a pencil box or folder, etc.
- Option #4: Bring in projects that you have worked on at school and share about them.

### **Week 5: Future**

Answer the questions provided and talk about the things that you want for your life in the future. Get your mentee to start thinking about what he/she can do now to start preparing for the things he/she wants in the future. Even though your mentee will probably change his/her mind many times about what he/she wants to do or be by the time adulthood comes, it is good for him/her to start thinking about the future and being exposed to the endless possibilities he/she has.

- Option #1: Cut out pictures from magazines and make a collage about what you want for your life in the future. Have your mentee think 15-20 years ahead. You can either do the same time period or 5-10 years. Include ideas about family, job, living place, and any other characteristics of your life. Share your collages.
- Option #2: Plan a field trip to visit a college or workplace that your mentee is interested in.

- Option #3: Brainstorm or use the internet to look up career ideas related to your mentee's interests.

## **Week 6: Goals**

Come up with some goals that you would like to work on together and fill out the goals worksheet. Help your mentee think of both educational and character goals as well as steps toward achieving these goals. You can also share some goals that you have. Before you meet with your mentee, make sure to read through the "Goal Setting" article and the "Tips for Goal Setting" in the *Resources* section of your manual. These will give you some good suggestions for talking with your mentee about goals. You can even read through the "Goal Setting" article with your mentee if you would like. After you finish talking about goals, you should also talk about some activities you would like to do together during your mentoring meetings.

- Option #1: Before talking about goals, you may want to have your mentee do the "Three Wishes" worksheet. This may be an easier way to start thinking about what he/she wants. It's ok if the wishes are unrealistic. Help your mentee answer the questions about his/her three wishes.
- Option #2: Make and decorate a picture frame or posterboard that will somehow display one or more of your mentee's goals. Encourage him/her to keep it in a place where he/she will often see it in order to serve as a reminder of the goal(s).
- Option #3: Create a progress chart that your mentee can fill in as he/she takes action steps toward his/her goal. This could be a chart that he/she adds stickers to, colors in, or places a check mark on.
- Option #4: Fill in the Goal Ladder worksheet (or make your own) with action steps that your mentee can take toward his/her goal.

**Congratulations! You have completed the Initial Six Week Curriculum. Hopefully, you and your mentee have had the chance to get to know each other better and build a foundation for the relationship that will continue to deepen as you spend time together. You should now have a better idea of some goals that you and your mentee would like to achieve as well as some activities that you would like to do together. Now you can begin to individualize the program to fit you and your mentee. Hopefully, this relationship and the experiences you will share will be a blessing to you both!**

# OUR FAVORITES

Mentee: \_\_\_\_\_

Mentor: \_\_\_\_\_

T.V. Show

\_\_\_\_\_

\_\_\_\_\_

Cartoon

\_\_\_\_\_

\_\_\_\_\_

Movie

\_\_\_\_\_

\_\_\_\_\_

Superhero

\_\_\_\_\_

\_\_\_\_\_

Disney Character

\_\_\_\_\_

\_\_\_\_\_

Video Game

\_\_\_\_\_

\_\_\_\_\_

Type of Music

\_\_\_\_\_

\_\_\_\_\_

Band/Musician

\_\_\_\_\_

\_\_\_\_\_

Food

\_\_\_\_\_

\_\_\_\_\_

Snack

\_\_\_\_\_

\_\_\_\_\_

Candy

\_\_\_\_\_

\_\_\_\_\_

Pizza Topping

\_\_\_\_\_

\_\_\_\_\_

Fruit

\_\_\_\_\_

\_\_\_\_\_

Vegetable

\_\_\_\_\_

\_\_\_\_\_

Ice Cream Flavor

\_\_\_\_\_

\_\_\_\_\_

Dessert

\_\_\_\_\_

\_\_\_\_\_

Restaurant

\_\_\_\_\_

\_\_\_\_\_

Fast Food

\_\_\_\_\_

\_\_\_\_\_

Color

\_\_\_\_\_

\_\_\_\_\_

Game

\_\_\_\_\_

\_\_\_\_\_

<b>Sport</b>	_____	_____
<b>Sports Team</b>	_____	_____
<b>Athlete</b>	_____	_____
<b>Subject in School</b>	_____	_____
<b>Teacher</b>	_____	_____
<b>Article of Clothing</b>	_____	_____
<b>Animal</b>	_____	_____
<b>Toy</b>	_____	_____
<b>Theme Park</b>	_____	_____
<b>Time of Day</b>	_____	_____
<b>Place to go</b>	_____	_____
<b>Vacation Spot</b>	_____	_____

**What are some things that we have in common?** \_\_\_\_\_

\_\_\_\_\_

**What are some things that are unique about each of us?** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**What are some things that we can learn from each other?** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# OUR FAMILIES

Mentee: \_\_\_\_\_'s Family

How many brothers and sisters do you have? \_\_\_\_\_

What are their names and ages? \_\_\_\_\_

\_\_\_\_\_

Who do you live with? \_\_\_\_\_

\_\_\_\_\_

Are there people that you are not related to you that you consider family? If so, who?

\_\_\_\_\_

\_\_\_\_\_

What does it mean to be family? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What do you enjoy doing with your family? \_\_\_\_\_

\_\_\_\_\_

What is your favorite thing about your family? \_\_\_\_\_

\_\_\_\_\_

**Mentor: \_\_\_\_\_'s Family**

**How many brothers and sisters do you have? \_\_\_\_\_**

**What are their names and ages? \_\_\_\_\_**

\_\_\_\_\_

**Who do you live with? \_\_\_\_\_**

\_\_\_\_\_

**Are there people that you are not related to you that you consider family? If so, who?**

\_\_\_\_\_

\_\_\_\_\_

**What does it mean to be family? \_\_\_\_\_**

\_\_\_\_\_

\_\_\_\_\_

**What do you enjoy doing with your family? \_\_\_\_\_**

\_\_\_\_\_

**What is your favorite thing about your family? \_\_\_\_\_**

\_\_\_\_\_

# OUR FRIENDS

Mentee: \_\_\_\_\_'s Friends

Name of your best friend: \_\_\_\_\_

How long have you known this friend? \_\_\_\_\_

Why is this person your best friend? \_\_\_\_\_

\_\_\_\_\_

What do you like to do with your friends? \_\_\_\_\_

\_\_\_\_\_

What is a friend? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

List 5 qualities of a good friend:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Why is it important to have friends? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What can you do to be a better friend? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**Mentor: \_\_\_\_\_'s Friends**

Name of your best friend: \_\_\_\_\_

How long have you known this friend? \_\_\_\_\_

Why is this person your best friend? \_\_\_\_\_

What do you like to do with your friends? \_\_\_\_\_

What is a friend? \_\_\_\_\_

List 5 qualities of a good friend:

_____	_____
_____	_____
_____	_____

Why is it important to have friends? \_\_\_\_\_

What can you do to be a better friend? \_\_\_\_\_

# OUR SCHOOL DAYS

Mentee: \_\_\_\_\_

What is your favorite subject in school? \_\_\_\_\_

Which subject is the most difficult for you? \_\_\_\_\_

Who is your teacher this year? \_\_\_\_\_

Do you like this teacher? Why or why not? \_\_\_\_\_

\_\_\_\_\_

Who has been your favorite teacher? Why? \_\_\_\_\_

\_\_\_\_\_

What activities are you involved in at school? \_\_\_\_\_

\_\_\_\_\_

What is your favorite thing about school? \_\_\_\_\_

What is your least favorite thing about school? \_\_\_\_\_

What is your favorite thing to do at recess? \_\_\_\_\_

What is your favorite school lunch item? \_\_\_\_\_

Who are your friends at school? \_\_\_\_\_

\_\_\_\_\_

What is your favorite memory from school? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Mentor:** \_\_\_\_\_

What was your favorite subject in school? \_\_\_\_\_

Which subject was the most difficult for you? \_\_\_\_\_

Who was your favorite teacher? Why? \_\_\_\_\_

What activities were you involved in at school? \_\_\_\_\_

What was your favorite thing about school? \_\_\_\_\_

What was your least favorite thing about school? \_\_\_\_\_

What was your favorite thing to do at recess? \_\_\_\_\_

What was your favorite school lunch item? \_\_\_\_\_

Who were your best friends from school? \_\_\_\_\_

What is your favorite memory from school? \_\_\_\_\_

# OUR FUTURE

Mentee: \_\_\_\_\_'s Future

What job do you want to have when you grow up? \_\_\_\_\_

Do you want to go to college? \_\_\_\_\_ Where? \_\_\_\_\_

Do you want to get married? \_\_\_\_\_ Do you want to have kids? \_\_\_\_\_

How many kids do you want to have? \_\_\_\_\_

Do you want to have pets? If so, what kind? \_\_\_\_\_

Where do you want to live when you grow up? \_\_\_\_\_

What do you want most in the future? \_\_\_\_\_

\_\_\_\_\_

What do you think you would need to be happy and successful in the future? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Mentor: \_\_\_\_\_'s Future

What job do you want to have in the future? (can be your current job or a different one)

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Did you go to college? \_\_\_\_\_ Where? \_\_\_\_\_

Are you married? \_\_\_\_\_ If not, do you want to get married? \_\_\_\_\_

Do you have kids? \_\_\_\_\_ If so, how many? \_\_\_\_\_

What are their names and ages? \_\_\_\_\_

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If not, do you want kids? \_\_\_\_\_ How many? \_\_\_\_\_

Where do you want to live in the future? \_\_\_\_\_

What do you want most in the future? \_\_\_\_\_

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What do you think you would need to be happy and successful in the future? \_\_\_\_\_

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# OUR GOALS

**Mentee:** \_\_\_\_\_ **Mentor:** \_\_\_\_\_

Today you will come up with a few goals that you would like to work toward together. Think of both educational and personal goals. There is space for two of each, but you only need to come up with two or three goals in total. Try to be as specific as possible in your goals. Below are a few questions that may help you get started in thinking about things you would like to work toward.

- What are some ways that I would like to do better in school?
- What are some ways that I can be a better friend?
- What are some ways that I can help out my family?
- What are some things that I would like to learn?

## Educational Goals

**Goal #1:** I will \_\_\_\_\_

**Why:** \_\_\_\_\_

\_\_\_\_\_

**When:** \_\_\_\_\_

**How:** \_\_\_\_\_

\_\_\_\_\_

**Goal #2:** I will \_\_\_\_\_

**Why:** \_\_\_\_\_

\_\_\_\_\_

**When:** \_\_\_\_\_

**How:** \_\_\_\_\_

\_\_\_\_\_

**Personal Goals**

**Goal #1:** I will \_\_\_\_\_

**Why:** \_\_\_\_\_

**When:** \_\_\_\_\_

**How:** \_\_\_\_\_

**Goal #2:** I will \_\_\_\_\_

**Why:** \_\_\_\_\_

**When:** \_\_\_\_\_

**How:** \_\_\_\_\_

I, \_\_\_\_\_, agree to put in my best effort to reach these goals.  
(name of mentee)

I, \_\_\_\_\_, agree to support and encourage \_\_\_\_\_ as he/she works toward these goals.  
(name of mentor)  
(name of mentee)

\_\_\_\_\_  
Signature of Mentee

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Mentor

\_\_\_\_\_  
Date

## Mentoring Activities

What are some activities that we would like to do together? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What are some things that we would like to explore or learn together? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Where are some places that we would like to go together? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_