

MATES Junior Activity Resource Guide

Goal: Positive Attitude & Identity

Activity Type: Individual
Relationship Stage: Any

Activity Name:

"Drawing representations"

Objective:

For the mentee to draw their ideas and feelings using key questions as prompts

Preparation Time:

15 minutes to choose questions and write up headers

Activity Duration:

20 – 40 minutes for drawing and discussing, depending on the number of questions

Required Material:

- Paper
- Coloured pencils/markers/crayons for drawing

Instructions:

- At the top of a page, write "on this piece of paper, draw a picture or pictures that represent this phrase:" and follow with a key question or prompt you would like your mentee to think and draw about.
- Example questions:
 - Where am I now?
 - My strengths, resources, and support structures are ...
 - Where do I want to be?
- What have I achieved this year/in MATES/at school/in my life? (choose one)

Further Notes:

- If you are doing this exercise early in the relationship, it can be used as a basis for goal-setting. Discuss the mentees answers with them, and see how they may be turned into goals for the year.
- This may also be a good activity for 'checking-in' on goal progress. Doing it mid-year is an opportunity to check the goals are still meaningful and being actively worked on, while doing it at the end of your relationship is a chance for your mentee to look back and see what progress has been made together.