

MATES Junior Activity

Resource Guide

Goal: Positive Attitude & Identity

Activity Type: Individual
Relationship Stage: Early

Activity Name:

"Building balloons"

Objective:

A creative goal-setting exercise for the mentee to set goals for the year and beyond

Preparation Time:

5-10 minutes for the picture taking; none for the goal-setting

Activity Duration:

30-45 minutes

Required Material:

- Camera
- Paper
- Markers/pens in a variety of colours

Instructions:

- Go outside and take a picture of your mentee with their hand in the air, as if they are holding a bunch of balloons. They might also like to jump in the air or make a fun pose!
- Do some minor brain storming about the kinds of short-term goals the mentee would like to set for your year together, and some longer-term goals about possible careers or life goals.
- Before your next session, print off the picture of your mentee (on A4 or A3 paper). Put the picture at the bottom of the page, with space above it for drawing and writing.
- Draw 8-10 balloons above the mentees head, large enough to fit a few words in.
- Draw the strings of the balloon coming down into their hand so it looks like they are holding the balloons. Do not colour the balloons in – just draw the outline.
- At the next session, revisit the prior brainstorming about goals. Ask your mentee to choose the ones that are most important to them, the ones you can achieve together, or to add ones they have since thought of.
- With one goal per balloon, write in the key words to do with that goal, e.g.: read more books, learn 9x times-table, make two new friends, be a pilot, join netball team.
- Encourage your mentee to colour in the balloons in fun colours, and to decorate the page however they like.
- They might like to draw a speech bubble from their picture saying something about "these are my goals that I want to achieve" or something similar.
- As they choose goals, discuss what things you could do together to work towards these goals, and make a record of these.

Further Notes:

- Consider academic and social goals, or goals around their hobbies (e.g., sport or music goals).