

MATES Junior Activity Resource Guide

Goal: Positive Attitude & Identity

Activity Type: Individual
Relationship Stage: Any

Activity Name:

"Spread Your Wings"

Objective:

Build mentee self-esteem by creating a totem pole which represents their positive personality traits

Preparation Time:

None

Activity Duration:

30–40 minutes

Required Material:

- Paper towel roll without paper (or something similar that can be a totem)
- Cardboard (plain or coloured)
- Scissors and glue
- Markers, coloured pencils, paint

Instructions:

- With your mentee, brainstorm some of their positive personality traits and animals which represent those traits (e.g., dogs = friendly, elephants = wise, cat = independent, bird = sings pretty). You will probably be able to fit 4–5 animals on the paper towel roll.
- There are two ways you can put the animals on the totem:
 - Draw the animal directly on the paper towel roll using markers/paint/coloured pencils
 - Draw the animal on cardboard, then cut out and stick onto the paper towel roll
- You can use the cardboard to add extra things onto the totem (e.g., elephant ears, bird wings).

Further Notes:

- This is a fun creative activity for both mentor and mentee to complete. If your mentee is confident enough, consider doing the brainstorm separately, then presenting your totems to each other at the end, explaining what each animal represents.