

# MATES Junior Activity Resource Guide

Goal: Positive Attitude & Identity

Activity Type: Individual  
Relationship Stage: Any

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**Activity Name:**

"Independence Day"

**Objective:**

To develop mentee's sense of independence

**Preparation Time:**

None

**Activity Duration:**

15-20 minutes

**Required Material:**

- None

**Instructions:**

- Have a brief chat with your mentee about what they think being independent means. It should include things like doing own decision-making and having less reliance on other people.
- Use the following questions as prompts for thinking about the mentee's independence:
  - What are the advantages of being independent?
  - What are 3 things the mentee can do now that they couldn't do when they were little (3-4 years old)?
  - What are 3 things the mentee can't do right now but will be able to do when they're 18 which will increase their independence?
  - Being dependent on someone is OK too. Who are they currently dependent on? Why?
  - Who depends on the mentee? Why?

**Further Notes:**

- This activity is a conversation guide, intended to encourage your mentee to think about their growing independence, which is an important feature of adolescence.
- Feel free to adapt these questions into an interactive, fun activity (e.g., drawing future ways of being independent, finding examples of (in)dependence in magazines, etc).