

MATES Junior Activity Resource Guide

Goal: Relationship Building

Activity Type: Individual
Relationship Stage: Early

Activity Name:

“Currently’ introduction sheet”

Objective:

For the mentee to share what is currently going on in their life

Preparation Time:

None

Activity Duration:

20 minutes for creating and discussing

Required Material:

- Paper
- Coloured pencils/markers

Instructions:

- At the top of a sheet of paper, write “Currently”
- Divide the rest of the page into 6 even rows, and 2 columns, with the left-hand column taking up approximately $\frac{1}{4}$ of the page.
- In the narrow left hand column, write one of these words in each row: listening, loving, thinking, wanting, needing, advice.
- Ask your mentee to fill in the large column with words and ideas associated with each word, e.g.,:
 - Listening new Katy Perry song, hip hop music, reggae, Stan Walker
 - Loving hanging with my friends, eating sushi, playing rugby, my family
 - Wanting a new scooter, to get a certificate in science class, to eat chocolate
- At the same time as your mentee completes theirs, fill one in yourself so you can swap and ask questions, and chat about things that are interesting or you have in common.

Further Notes:

- As well as being a useful tool for getting to know your mentee, this information can help inform the goals for your relationship (especially the advice section) and provide ideas for incorporating fun, relevant things into each session.