

# MATES Junior Activity Resource Guide

Goal: **Relationship Building**

**Activity Type: Individual**  
**Relationship Stage: Early**

**Activity Name:**

"Family Tree"

**Objective:**

For mentors and mentees to share information about their families

**Preparation Time:**

None

**Activity Duration:**

30-40 minutes for creating and discussing

**Required Material:**

- Paper
- Coloured pencils/markers/paints

**Instructions:**

- On a sheet of paper, draw or paint the outline of a tree
- On the tree, write the names of family members and their relation to you
  - You may include grandparents, aunties/uncles/cousins, even pets!
  - Try including little facts about family members, e.g., jobs, hobbies, ages
- When the trees are completed, talk about the trees with your mentee – how similar or different are your families? Are there family members you or your mentee are especially close to? Who do you or your mentee most look like?

**Further Notes:**

- This is a very simple activity, designed to elicit information from your mentee without asking lots of questions, which may be intimidating early in the relationship