

MATES Junior Activity Resource Guide

Goal: Relationship Building

Activity Type: Individual
Relationship Stage: Early

Activity Name:

"Tree of Me"

Objective:

For mentors and mentees to share information about themselves in a creative way

Preparation Time:

20 minutes to make "leaves"

Activity Duration:

45 minutes – 1 hour

Required Material:

- Coloured paper (for cutting up)
- A3 sheet of paper
- Markers, coloured pencils, paints
- Scissors and glue

Instructions:

- Before your mentoring session, make "leaves" from the coloured paper which are large enough to write 4 or 5 words on. Make 15-20 leaves of various colours.
- Fold the A3 sheet of paper in half, and draw a tree trunk in the middle where the centre line is. Make sure it is big enough to write things in. At the top of one side of the paper write "mentor" and on the other, "mentee"
- Split the leaves between mentor and mentee, and then have a discussion about things that are important to each person. This may include goals, interests (sports, music, tv, movies, books), skills/talents, and/or descriptions of themselves (e.g., funny, smart, kind).
- If mentor and mentee value the same thing, write it in the trunk of the tree. If there is anything unique to one partner, write it on a leaf and glue it to their side of the tree.
- At the end, you will have a tree which shows your shared interests, as well as your unique individual selves.

Further Notes:

- This is a great option for creative mentees, or for mentees who are shy in conversation
- Use this information to shape your relationship and future sessions. How can you incorporate their interests or help with goals?
- You can also use magazines to cut pictures out and glue to leaves or trunk