

# MATES Junior Activity Resource Guide

Goal: **Prosocial Competency**

Activity Type: Group (4+)  
Relationship Stage: Any

## Activity Name:

"Birthday Party"

## Objective:

Practice compromising and building consensus in a group by role playing a birthday party

## Preparation Time:

10 minutes to make cards

## Activity Duration:

15-30 minutes, depending on the number of participants

## Required Material:

- Set of cards for each theme for each participant

## Instructions:

- For each of the three themes, create six cards, each with one option on it:
  - Theme 1: Party food (e.g., pizza, chips & dip, sushi)
  - Theme 2: Party activity (e.g., going to the pool, seeing a sports game, ice skating)
  - Theme 3: Birthday Cake (e.g., chocolate cake, ice cream cake, vanilla cake)
- Each mentee gets an identical set of cards for each theme.
- Mentees independently look through the cards for each theme and identify their favourite and least favourite options.
- Once they have made their independent decisions, the mentees compare their choices, looking for agreement and disagreement in each theme.
- The goal of this exercise is for the group to agree to ONE choice for each theme. The mentees should engage in negotiation and compromise to come to the final choice for each theme.

## Further Notes:

- Look for key behaviours in mentees (e.g., is one mentee dominating the discussion, not letting others speak? Is a mentee berating another for their choice? Is a mentee uncomfortable with speaking up?) and guide them appropriately.
- If necessary, remind the mentees this is not about anyone getting all their favourites. It is more likely they will have to collectively choose a second or third favourite which can be agreed upon.
- Instead of simply identifying favourites and least favourites during their independent decision-making time, you could ask mentees to rank the choices to make it easier to identify possible compromises.