

# MATES Junior Activity Resource Guide

Goal: Prosocial Competency

Activity Type: Individual  
Relationship Stage: Any

## Activity Name:

"Monarch's Mission"

## Objective:

Use an online computer game to explore emotions and healthy decision-making

## Preparation Time:

None

## Activity Duration:

At least 25 minutes to complete one mission.

## Required Material:

- Computer or iPad that both you and your mentee can watch at the same time
- Internet access

## Instructions:

- Go to <http://space.aboutkidshealth.ca/>
- No sign up is necessary and it is a free resource. Simply follow the prompts to explore an interactive space travel storyline about emotions.
- You can play at your own pace, so take advantage of opportunities to discuss options or points with your mentee. For example, during an activity about recognising facial expressions, show each other how you look when you are sad or angry. Does it match the game characters face? Or, ask mentees why they choose certain actions in the game. Encourage them to make connections between the characters emotions and the choices they are making.