

# WEEK 1

quarantine

## MENTORING PLAN

THE POWER OF GRATITUDE

### OVERVIEW

This week is all about the Power of Gratitude. We encourage you to talk to your child about gratitude and its importance during this crazy time. Although we understand if timing may be different due to our alternative forms of communicating, we hope your mentoring time will play out the same way it does in-person.

#### SUGGESTED MENTORING PLAN:

- As always, **spend the first 10 minutes listening** to how your child is doing. Feel free to use our conversation starters to let your child know that we're focusing on gratitude this week and to help them exercise gratitude in their own lives.
- For the next 20 minutes, you can **read**, do **homework** if your child has any, or you can do one of the three **gratitude activities** listed below!
- Finally, spend some time **playing** with your mentee - we have some game ideas below!



### CONVERSATION STARTERS

- What is gratitude? Is gratitude important?
- What's your favorite animal? Why are you grateful it's a part of our world?
- What's your favorite toy? Why do you like it so much?
- What's your favorite place outside of your home? Inside your home? Why?
- What was the best thing that happened today?

### ACTIVITY IDEAS

#### THANK YOU CARDS & NOTES

Write and decorate a thank-you note or card to someone with your mentee.

#### GRATITUDE COLLAGE

Draw things (on paper or digitally) that you are grateful for and share those things with your mentee.

#### GRATITUDE WINDOW

Using paper, pens, and tape, write what you are thankful for on a window to encourage yourselves, your household, and neighbors to be grateful.

#### GAMES YOU CAN PLAY VIA PHONE AND/OR WEBCAM

Scattergories, 20 questions, charades, pictionary, hangman ... the list goes on!

#### ONLINE GAMES & ACTIVITIES

Connect 4 ([c4arena.com](http://c4arena.com)). Draw a picture together ([aggie.io](http://aggie.io)).



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## ACTIVITY SAMPLES

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