



TOPICS TO HELP YOU STAY CONNECTED WITH YOUR MENTEE FROM AFAR:

1. Positive Reflections

- I am grateful for...**
- I am proud of myself for....**
- _____ made me smile today**
- My goal for this week is....**
- Something new I learned this week is....**
- COVID-19 specific question: Once things are “back to normal” I will not take _____ for granted**
- COVID-19 specific question: What are you doing to help your grandparents stay connected if they are spending time alone right now?**

2. Talk to mentee about looking outside themselves – who have they helped recently?

3. Read the same article or book and discuss.

4. Discuss video games and online games your mentee enjoys playing with their peers

5. Discuss recent trips and talk about where you went



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- 6. Talk to mentee about importance of staying on a schedule when school is not in session and getting exercise daily**
- 7. What are some responsibilities/chores that mentee is taking on while at home?**
- 8. What is mentee doing for FUN while at home (outside of technology)?**
- 9. Are there any online classes students can take for credit right now?**
- 10. Learn a new skill simultaneously and discuss**
- 11. Plan for next academic year (practice ACT/SAT, explore colleges/careers, engage in Naviance, etc)**
- 12. Art project – is there an art project you can work on separately and simultaneously? (i.e. painting kindness rocks to put around town, when able)**
- 13. Music – Discuss music preferences**
- 14. Exercise – is there a favorite exercise app or tool you use, is there a goal you can cheer each other toward? (ie. Training for a 5K)**