



ACTIVITY EXAMPLES

Mentor/Mentee Activities

- Visit a museum
- Learn about a culture then make food from that country or taste that food at a local restaurant
- Work on a hobby together (scrapbooking, collecting, models, etc.)
- Play a sport together (Frisbee, football, soccer, baseball, jump rope, etc.)
- Play catch.
- Challenge another mentor and mentee to two-on-two basketball.
- Exercise together.
- Go swimming
- Go fishing.
- Have a water fight.
- Jump on a trampoline.

- Help your mentee learn a new talent (play a musical instrument, cooking, mechanics, woodcarving, etc.).
- Help your mentee practice a talent he / she already has.
- Play on playground equipment together.
- Do ice cream sculpting with blocks of ice cream.
- Go out to ice cream or to get pizza and just get to know each other.
- Make cookies together
- Help your mentee do a chore or a favor around the house.
- Cook a meal together. Include your mentee in buying the materials, cooking, and cleaning up.
- Read a story together or watch a movie with a good moral and talk about the lessons learned.
- Have a personal show-and-tell. Bring some photos and items important to you and have your mentee do the same.
- Talk about your mentee's goals and dreams and what needs to be done to achieve them. Make a plan to achieve a short-term goal.
- Explore the community on bikes. Take a picnic lunch to eat in a park.

- Fly a kite.
- Attend local fairs, shows, parades, and festivals.
- Celebrate your birthdays, other holidays, or any other special day.
- Make cards for the mentee's family for birthdays, Mother's Day, Father's Day, etc.
- Make a short movie together.
- Plant a flower, tree or vegetable and help your mentee make it grow.
- Introduce your mentee to a variety of types of music through listening to CD's and attending concerts
- Select books you can read to each other.
- Dye Easter eggs, carve pumpkins, decorate a tree, make valentines... etc.
- Make a list of you and your mentee's hobbies, interests, and talents. Think of ways you can develop or share these. Show genuine interest in theirs.
- Invite your mentee to "shadow" you at work if possible or to visit a job he/she is interested in.
- Help your mentee get involved in an appropriate organization, such as scouts or footy.

- Whenever possible, involve your mentee in activities with your family or your friends. Many of the mentees have little experience in appropriate family interaction and peer relation.
- Teach your mentee life skills. Take them grocery shopping, wash your car together, change the oil, sew, etc.
- Work on learning another language.
- Have a game night.
- Do activities with the mentee's family

- Help the mentee plan a “family home evening” for their family.
 - Learn how to make beaded bracelets or decorate sunglasses with jewels and sequins.
 - Take pictures of your activities together.
 - Scrapbook an event you two did together.
 - Cook a meal together. Invite friends or family.
 - Help your mentee decorate his/her room or add new pieces of furniture you can decorate together.
 - Go to the library to do research for school projects.
 - Have a beauty day, doing each other’s hair, nails, etc. Experiment with different hair styles at home.
 - Learn about good hygiene
 - Learn about good posture, dress, speech, etc.
 - Learn how to fix something. Help your mentee tune up his/her bike.
 - Go on a scavenger hunt. Make a list of things to search for.
 - Check out a book on origami and try to make some of the designs.
 - Laser Tag
 - Archery in Toodyay
 - Go on a miniature Train ride in Toodyay
 - Have a paper airplane building contest.
 - Get some tinfoil and make small boats. Put the boats in a sink and see whose boat can hold the most pennies.
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- Support your mentee at a school activity such as an athletic competition or performance.
 - Involve your mentee in a service project. Help them feel the positive feelings that come from doing something with no thought of the reward
 - Participate in a Fun Run/Walk together
 - Go out for a meal together
 - Make popcorn and talk
 - Go to a movie
 - Pick fruit
 - Go to a concert
 - Go to the library
 - Visit a car museum
 - Go to the swimming pools
 - Go to the beach
 - Go to the gym
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- Play computer games
 - Discuss responsible use of a mobile phone and how to handle text bullying
 - Talk about planning a career
 - Take tours of friends' jobs
 - Visit a tertiary institution
 - Work on a C.V.
 - Do a personality test (on the computer)
 - Take photos of favourite people/places
 - Do a pretend job interview
 - Talk about how to get a job and find a part-time job
 - Set up work experience
 - Change a tyre
 - Talk about balancing work and play
 - Play a sport together e.g. Basketball, Netball, Golf, Baseball, Football
 - Open a bank account
 - Help them to get a Tax File Number
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- Talk about credit cards
 - Talk about budgeting
 - Visit an old age home
 - Talk about relationships

- Talk about personal values
- Draw your family tree
- Talk about the future
- Do good deeds for three strangers
- Take a train ride
- 'Surf the Net'
- Show your mentee how to read a map
- Paint something
- Create a journal, including photos, of your time together
- Start a collection e.g. stamps, coins or whatever else is the craze of the time!
- Plant and maintain a vegetable garden
- Go to an ANZAC Day
- Attend a cultural festival together
- Adopt an elderly neighbour and carry out some chores for him or her, or go and visit from time to time
- Organise a recycling project with other mentors and mentees
- Do a jigsaw puzzle
- Build a model car or aeroplane
- Take a walk around the neighbourhood
- Go on nature walks
- Go jogging together
- Help your mentee to draw up a fitness schedule
- Discuss the importance of networking
- Get involved in a community environmental project
- Cook a cake
- Go on a horse trail ride in Chidlow
- Go canoeing on Lake Leschenaultia in Chidlow
- Go mushroom picking