

WHAT WILL WE DO EACH WEEK?

ADAPTED FOR VIRTUAL MENTORING (i.e Coronavirus Version)

Below is a list of 55 tips and strategies for virtual mentoring sessions that don't include playing online games together. Check to see that they are age appropriate. Remember to ask youth what they would like to do. Plan together. Don't be too structured, though. Spontaneity is important! Add some good ideas of your own. Make a list of the ideas that you really liked and share them with other mentors. Good luck!

1. Select a book you like and read them out loud together on a video or phone call. Be sure to do the voices for different characters.
2. Exchange favorite recipes. Put them in a book and use it as a neighborhood fundraiser for the program once social distancing ceases.
3. Research the history of music and learn to play a musical instrument together while on a phone or video call. Or create and share audio recordings individually and send to each other.
4. Teach the beginning alphabet, words and phrases of a foreign language while on the phone or video call.
5. Create a scrapbook of memories that last the entire year (digital scrapbooking)
6. Work on the computer together using a shared screen (hangouts & zoom allow this) e.g. Create calendars, write poems and search the Web.
7. Set up e-mail correspondence between mentors and youth if you are permitted and if your youth has e-mail access where the mentoring program is located. Write to each other and touch base between virtual visits.
8. Help research and design an extra credit project that can be done online.
9. Create individual time capsules and bury them. Determine when they should be opened.
10. Create a digital holiday, get well, or greeting card for a special occasion (e.g. canva.com, etc)
11. Write an original storybook together online (google docs, or other cloud-based editing tool)
12. Discuss personal care during social distancing: personal hygiene, health, exercise and healthy habits. Manage a diet plan together.
13. Discuss etiquette and social graces in various environments and cultures.
14. Connect with the community. Research what after-school programs are offered in the community in which youth and/or mentors might engage once the virus has run its course.
15. Explore what to do in an emergency. Create a contact list and discuss 911 procedures.
16. Plan for a sound financial future. Discuss opening savings and checking accounts and the concept of good credit and the meaning of credit cards. Invite a banker or financial advisor to speak with youth via video call).
17. Plan for future careers. Conduct online mock interviews for a job, read job posts, discuss dress codes and fill out a sample job application.
18. Discuss opportunities for post-secondary education. Research two- and four-year colleges and technical schools and the meaning of financial aid. What does it take to get to college? What high school courses should be taken? It is never too early to begin.
19. Take an online career interest inventory. Research & discuss entry-level positions.
20. Decide on a community service project together with mentors and youth and create a plan to carry it out. (Examples: plant a garden in front of the local school, remove graffiti from school walls or collect food and deliver it to the homeless. Take credit for the project as part of your mentoring program. Ask the program what their needs are).
21. Start an online pen pal project with a group of young people in another country.
22. Talk about friends — those that your youth has and those he or she would like to have.
23. Digitally design, decorate & print T-shirts. Wear your creations proudly on video calls once they arrive (e.g. <https://www.customink.com/services/digital-t-shirt-printing>)
24. Discuss what your youth wants to be when he or she grows up. Invite guest speakers to join the video call who represent the careers of choice.

25. Help your youth to craft a personal mission statement. Ask your youth to help you do one for yourself!
26. Design a mural on the wall of the school and paint once normal life resumes (with permission, of course).
27. Play a game of charades while on a video call.
28. Discuss the positive activities youth can get involved in during the summer.
29. Where allowed: Walk outside on a nice day; sit under a tree and just talk (remember social distancing!)
30. Research and talk about famous people who use their abilities to get ahead.
31. Read the news and discuss current events.
32. Share your life experiences.
33. Share your career experiences. How did you get to where you are today?
34. Share your school experiences when you were the same age as your mentee is now.
35. Share a proverb each time that you meet.
36. Share, crop & edit photos of each other online using a shared editing tool
37. Share (using screenshare or video) a scrapbook or photo album from home to share photos of your family, travels and pets.
38. Share thoughts and feelings between meetings in an online journal (penzu.com).
39. Practice the answers to the questions for a driver's license.
40. Help your youth write a resume online.
41. Discuss people you admire. Compare heroes and research your favorites.
42. Discuss leisure activities.
43. Plan a leadership project with your youth and what they would need to carry it out.
44. Tell your youth – if you could go back to high school, what would *you* do differently?
45. Complete a personality inventory to find out who your youth is.
46. Help your youth to design a unique and original calling or business card (e.g. moo.com)
47. Ask your youth where they hope to be in five years and in 10 years.
48. Help you or your youth to get organized. Write out what you/your youth does every day and what they would like to change. Write out online what you do everyday and what you would like to change.
49. Help your youth give video speeches on persuasion, etc. Be sure to demonstrate for them!
50. Discuss travel and dream vacations. Plan out and price-out the trips.
51. Cook a meal together virtually! Set up a camera and walk each other through a recipe.
52. Research and discuss how to ask a boss for a raise. Plan it out and do a mock ask over video/phone.
53. Help with homework online. Make sure that your youth takes the lead in making this decision. See if their family will allow you access if the youth is using a digital learning platform.
54. Plan random acts of kindness.
55. Arrange a virtual field trip to an eldercare or assisted living home. Read/sing/poetry for the residents.