

Bullet Journal

A bullet journal is something that I have noticed youth starting to do more. A bullet journal keeps you organized and also keeps track of your habits and goals. Below there are two links of how you and your mentee can start your own bullet journals!

<https://mashaplans.com/ultimate-bullet-journal-beginners-guide/>

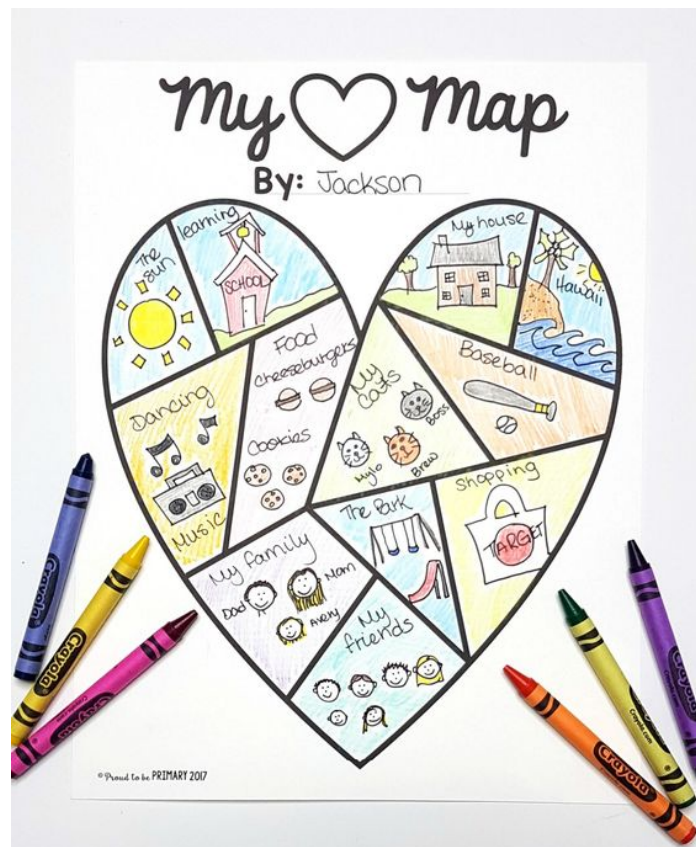
<https://www.healthline.com/health/beginners-guide-to-bullet-journals#2>

My Heart Map

This activity is a great way to get to know your mentee and a great art project!

Instructions:

- Get a piece of paper and either markers, pencil crayons, or crayons.
- Draw a big heart in the middle of the paper. Then, draw sections in the heart, as many as you want.
- In the sections you just made draw or write the things you love (family members, friends, your house, school, sports, food, hobbies, activities, etc.)
- Showcase your heart to your mentee or mentor and get to know one another!
- Example:



Battleship

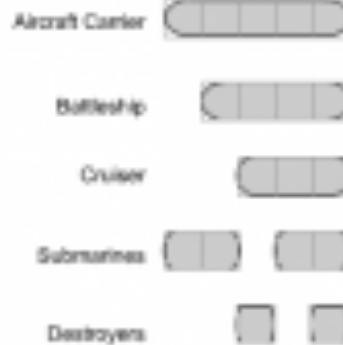
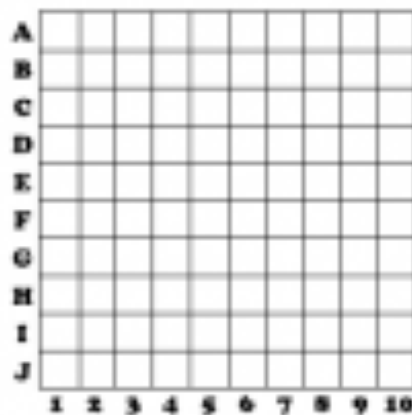
This is an easy and fun game to play virtually with your mentee!

Instructions

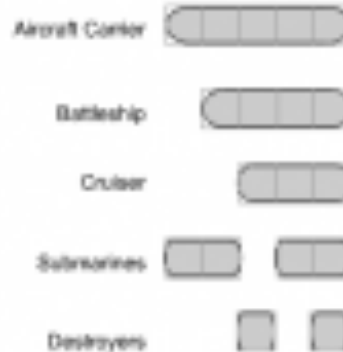
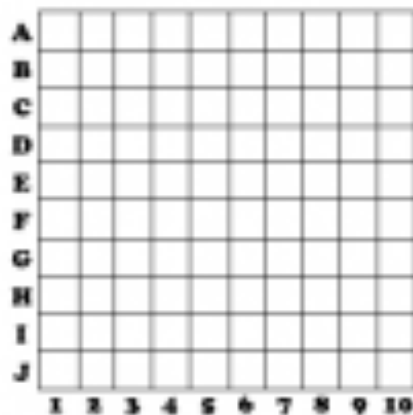
- Get a piece of paper and something to write with.
- Make a grid on the paper, like the example below.
- Draw on the grid where you would like your ships, you cannot layer your ships or put them diagonally.
- Start guessing where your mentee/mentor's ships are and keep track of where you hit and miss.
- Example:

Battleships

My Ships



Enemy's Ships



Escape Rooms

Escape rooms are fun and easy to do with your mentee! Below are some links that will lead you to websites with free escape rooms that you and your mentee can try! You can do them together and work as a team or have a competition to see who can escape first!

<https://suburbanwifecitylife.com/ultimate-list-free-virtual-escape-rooms/>

<https://mamateaches.com/digital-escape-rooms/?pp=1>

<https://teacheveryday.com/escape-room-in-the-classroom/>

Yarn Dolls

This is a cute and easy craft to do with your mentee that only requires a few materials!

Materials:

- Yarn
- Book (8 inches wide)
- Scissors

Instructions:

1. Begin by wrapping the yarn around the book 72 times, keeping track of your yarn tail so you can tie it off at the top.
2. Then carefully pull the yarn off the book, keeping hold of the loop you made.
3. Get the yarn in a choke hold position, this will make the head of your doll.
4. Take the yarn ends and tie them around its neck as tight as you can.
5. Now cut all the looped ends at the bottom of the doll.
6. Split off two sections for arms about 1/6th of the bulk of the body on each side.
7. Braid the arms and tie them off the yarn.
8. Now you can add a waist band and decorate it however you like (yarn hair, yarn clothes, eyes, etc.)
9. Example at: <https://www.doodlecraftblog.com/2014/09/yarn-dolls.html?m=1>



Face Masks

Have a nice relaxing spa session with your mentee with these homemade facemasks that do not require a lot of ingredients or prep!

Avocado Face Mask

½ Avocado
½ Banana (Ripe)
1 tbsp Olive Oil

Dark Spots

1 tbsp Baking Soda
1 tbsp Lemon Juice

Acne

1 tsp Lemon Juice
1 tbsp Honey
1 tbsp Oatmeal

Glowing Skin

1 tsp Honey
2 tbsp Baking Soda
1 tbsp Olive Oil

Brighten Skin

2 tbsp Coconut Milk
1 tbsp Tomato Juice

Clear Blackheads

1 tsp Lemon Juice
1 tbsp Egg White

Deep Clean Pores

1 tbsp Oatmeal
2 tbsp Yogurt

Anti-Aging

2 tbsp Aloe Gel
1 tbsp Egg White

Oily Skin

1 tsp Turmeric
2 tbsp Aloe Gel

Clear Skin

2 tbsp Honey
1 tbsp Lemon Juice

Youthful Skin

2 tbsp Coffee
2 tbsp Honey

Healthy Skin

1 tbsp Coconut Oil
¼ tsp Turmeric

<https://www.freebiefindingmom.com/avocado-face-mask-homemade-recipe/>

<https://www.tripsavvy.com/what-are-facial-masks-3089921>

<https://www.hercampus.com/school/wisconsin/hc-wisco-guide-diy-spa-day>

Cookies and Cream Oreo Bark

This is a delicious and easy recipe to make with your mentee!

Ingredients:

- 10 oz White Chocolate Chips
- 15 Regular Size Oreos and 3 more for topping

Instructions:

1. Line an 8 by 8 pan with enough parchment or wax paper for a 1-inch overhang on each side.
2. Place white chocolate in a microwave safe bowl and heat for 30 seconds and stir, repeat this until the chocolate is melted and smooth (keep a close eye on the chocolate to make sure it does not burn or explode).
3. Cool white chocolate for 5 minutes and then add chopped Oreos and stir to combine.
4. Pour mixture into pan and use a spatula to smooth out top.
5. Finely chop remaining Oreos and sprinkle on top. Chill for about 10 minutes until chocolate becomes solid.
6. Lift whole bark out of pan by holding onto parchment or wax paper overhang. Split bark into pieces with a fork or knife.



<https://www.bakersroyale.com/cookies-and-cream-oreo-bark/>

Cake Batter Dip

This is a yummy, fun, and easy recipe to make with your mentee!

Ingredients:

- 1 Box White Cake Mix
- 1 Large Tub of Greek Yogurt
- 1 Tub of Whipped Cream

Directions:

1. Stir together the cake mix and Greek yogurt.
2. Fold in the tub of whipped cream.
3. Optional: 3-4 tablespoons of sprinkles
4. Chill in refrigerator until ready to serve.
5. Serve with animal crackers, graham crackers, or fruit.



<https://likeabubblingbrook.com/cake-batter-dip-recipe/>

Three Ingredient Peanut Butter Cookies

This is a delicious and easy recipe to make with your mentee!

Ingredients:

- 1 cup Sugar
- 1 cup Peanut Butter
- 1 Egg

Directions:

1. Preheat oven to 350 degrees.
2. Stir the ingredients until smooth. Roll into balls and place onto a parchment lined baking sheet. Press down (lightly) with the back of a fork onto the cookie and then again in the opposite direction, to form the criss-cross pattern on top.
3. Bake for 12 minutes and let cool for 1-2 minutes before transferring to a cooling rack.
Note: These cookies do not spread or expand in the oven.



<https://barefeetinthekitchen.com/old-fashioned-peanut-butter-cookie-recipe>

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