



**Activities for Virtual Mentorship Table of contents**

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## Ages 5-11

### Homemade Bubbles

#### Ingredients:

- 4 Cups Warm Water
- ½ Cup Sugar
- ½ Cup Blue Dawn Dish Soap

#### Instructions:

1. Whisk the sugar into the warm water until the sugar dissolves.
2. Add the dish soap and whisk to combine.
3. Let the homemade bubbles sit for a couple hours or even overnight helps them work a but better, but it is not strictly necessary.
4. Blow the bubbles!



## No Sew Sock Bunny's

### Materials:

- Unmatched Socks
- Uncooked Rice (Around 1 Cup Per Bunny)
- Rubber Bands
- Black Sharpie Marker (or any black maker)
- Pretty Ribbon (optional)
- Scissors

### Instructions:

1. Take the sock and place it over a tall glass so it is easier to pour the rice into.
2. Pour the rice into the sock.
3. Take the rubber band and tie the top close.
4. To make the head and body shape, take another rubber band and tie it between the head and the body.
5. Use another rubber band and make the bunny tail.
6. To make the ears, cut any excess sock so that there is a couple of inches for the ears. If you want floppy ears that flop down, then leave them a bit longer.
7. Once the excess is gone, cut the top portion down the middle.
8. Using a marker, draw on a bunny ear shape. Take your scissors and cut along the marker line. Once done, your bunny ears should stand up straight (or flop down if you want floppy ears)
9. Use the sharpie to draw the bunny eyes and a nose. To make the eyes, simply color in two dots with the marker.
10. To make the nose, draw an "x" shape.
11. This part is optional. Cut a long enough piece of ribbon and tie a bow around the bunny's neck.

Example: <https://feelingnifty.com/easter-bunny-craft/>



## Show and Tell

*The mentor and mentee pick 1-5 objects that they would like to share with one another. You could choose your animal, favourite movie, favourite photo, etc. This is a great way to get to know one another and also a great way for your animals to meet!*

### Instructions:

1. Grab 1-5 items around your house that you feel are meaningful, represent you, or that is something cool you want to show your mentee/mentor.
2. When showing your mentee/mentor your items, try to answer these questions:
  - a. Why is this something that is meaningful to you?
  - b. What is the story behind the object?
  - c. How were you feeling?
  - d. What does this object represent for you?

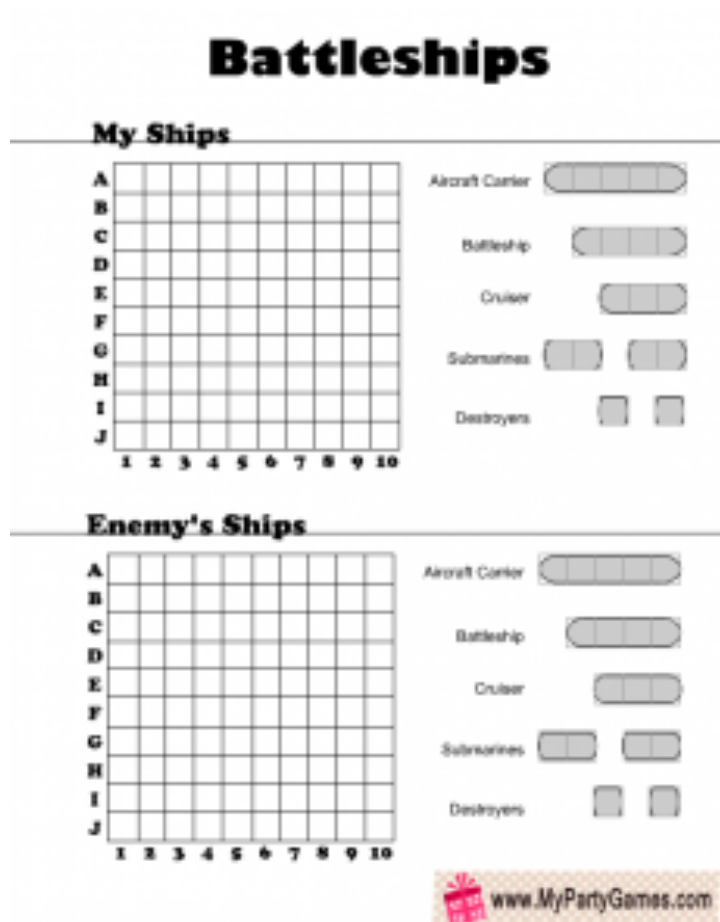
## Ages 12-17

### 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:



## 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)

### **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

### **Brighten Skin**

2 tbsp Coconut Milk  
1 tbsp Tomato Juice

### **Clear Blackheads**

1 tsp Lemon Juice  
1 tbsp Egg

### **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>

## Vision Board

### Materials:

- Board and Paper
- Something to Write With (Markers, Pencil Crayons, Crayons, Pens, or Pencils)
- Pictures (Printed, Drawn, or Cut-Out of a Magazine/Book)
- Glue or Tape

### Instructions:

1. Start to think of things that you would like to do in the future or even after the pandemic is over.
2. Now take your board or paper and write, draw, or glue pictures on it and create your vision board!
3. Hang it up or keep it somewhere handy and once you start completing stuff, either cross it off or write the date under it.

Example and Ideas: <https://tabithadumas.com/host-vision-board-party/>





## DIY Stress Ball

### Materials:

- Balloons
- Any empty water bottle (or another bottle with a small neck opening)
- Flour
- Funnel
- Sharpie Marker and Yarn (optional)

### Instructions:

1. Pour  $\frac{3}{4}$  cup of flour into your bottle using a funnel.
2. Next, blow up the balloon a little bit, put it over the neck of the bottle. Make sure some air stays in the balloon. Then transfer the flour from the bottle into the balloon. This will probably take some tipping back and forth and some tapping of the bottle.
3. Once all the flour is in the balloon, remove the balloon from the bottle and slowly let the remaining air out of the balloon. If you go too fast, the air could blow too much of the flour back out.
4. Tie a knot on the balloon (a little bit of flour might come out when you do this, but its okay).
5. Draw a face using a sharpie marker.
6. You can also add some yarn to it, to make hair:
  - a. Wrap yarn around fingers 12 times. Cut yarn, remove from fingers.
  - b. Tie the bundle together using a longer piece of yarn.
  - c. Cut open loops at each end of the bundle.
  - d. Tie around balloon under the knot.
7. Your stress ball is finished!



## Sewing

*This is a great life skill for children to learn, as they one day may need to fix a hole in their clothing or make something for a Halloween costume. Below are links to websites with sewing project ideas that you can do with your mentee, such as sewing bookmarks, glove monsters, scrunchies, and more!*

<https://www.theyellowbirdhouse.com/sewing-projects-for-kids-to-make/>

<https://www.applegreencottage.com/how-to-make-scrunchie/>

## All Ages

### 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 tracks of your habits and goals. Below there are two links of how you and your mentee can start your own bullet journals!*

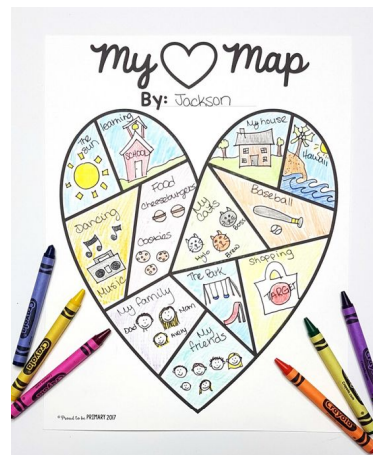
<https://mashaplans.com/ultimate-bullet-journal-beginners-guide/>

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



### Escape Room:

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 1/6<sup>th</sup> 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>



## 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>



## Easy Microwave Fudge

### Ingredients:

- 3 Cups Semi-Sweet Chocolate Chips
- 1 (14-Ounce) Can Condensed Milk
- 4 Tablespoons Butter
- 1 Teaspoon Vanilla Extract
- ¼ Teaspoon Salt

### Instructions:

1. Prepare an 8 by 8-inch pan by lining it with aluminum foil and spraying the foil with non-stick cooking spray.
2. In a large microwave-safe bowl, combine the chocolate chips condensed milk, and butter. Microwave for one minute and stir. Continue to microwave the mixture in 30-second intervals, stirring after every 30 seconds, until the fudge is melted, malleable, and smooth.
3. Once the mixture is all properly melted, add the vanilla extract and salt. Stir everything is smooth and well-mixed.
4. Pour the fudge into the prepared pan and smooth it into an even layer.
5. Place the fudge in the refrigerator to set, for at least 2 hours. Once set, cut into 1-inch squares, and serve at room temperature.
6. Enjoy!



## Blueberry Muffin in a Mug

### Ingredients:

- 1/3 Cup All-Purpose Flour
- 1 Tablespoons Brown Sugar
- 2.5 Tablespoons Sugar
- ¼ Teaspoon Baking Powder
- 2 Tablespoons Butter Salted, Melted
- ½ Teaspoon Vanilla
- ¼ Cup Milk
- ¼ Cup Blueberries

### Instructions:

1. In a small dish melt your butter in the microwave for 30 seconds.
2. In your mug stir together the flour, sugar, brown sugar, and baking powder well.
3. Pour in your melted butter, milk and vanilla and stir so you have batter and no powder is left.
4. Gently fold in your fresh blueberries.
5. Put into the microwave for 2 minutes. Eat immediately for best results!



## French Toast in a Mug

### Ingredients:

- 1 Egg
- ¼ Cup Milk
- ¼ Teaspoon Vanilla
- 1 Teaspoon Sugar
- ¼ Teaspoon Ground Cinnamon
- 2 Slices White Bread (Cut into Cubes)

### Instructions:

1. Lightly grease a microwavable mug
2. Add the egg, milk, vanilla, sugar, cinnamon, and beat together
3. Add the diced bread and push it down into the egg mixture
4. Place in the microwave and cook on high for about 1 and ½ minutes
5. Enjoy!



## Pizza in a Mug

### Ingredients:

- 4 Tablespoons All-Purpose Flour
- 1/8 Teaspoon Baking Powder
- 1/16 Teaspoon Baking Soda
- 1/8 Teaspoon Salt
- 3 Tablespoons Milk
- 1 Tablespoon Olive Oil
- 1 Tablespoon Marinara Sauce
- 1 Tablespoon Shredded Cheese
- 5 Mini Pepperoni
- 1/2 Teaspoon Dried Italian Herbs (basil or oregano will work)

### Instructions:

1. Mix the flour, baking powder, baking soda and salt in a microwavable mug.
2. Add in the milk and oil then mix together. There might be some lumps but that is okay.
3. Spoon the marinara sauce and spread it around the surfaces of the batter.
4. Sprinkle on the cheese, pepperoni, and dried herbs.
5. Microwave for 1 minutes 10 seconds – 1 minute 20 seconds, or until it rises, and the toppings are bubbling.
6. Enjoy!



## Edible Cookie Dough

### Ingredients:

- ½ Cup Butter (Room Temperature)
- ¼ Cup Granulated Sugar
- ½ Cup Packed Brown Sugar
- 2 Tablespoon Milk
- 1 Teaspoon Vanilla
- 1 ¼ Cup All-Purpose Flour
- ½ Teaspoon Salt
- ½ Cup Mini Chocolate Chips

### Instructions:

- Cream together the butter and sugars.
- Add the vanilla and milk. Combine thoroughly.
- Mix in the flour and salt until combined.
- Stir in chocolate chips.
- Enjoy!



## Ice-Cream in a Bag

### Ingredients:

- 2/3 Cups Heavy Cream
- 1/3 Cups Milk
- ¼ Cups Granulated Sugar
- 2 Teaspoons Vanilla Extract
- Ice
- ¼ Cup Kosher Salt

### Instructions:

1. Combine cream, milk, sugar, and vanilla in a quart size freezer bag. Press the air out as you seal the bag.
2. Put that bag into another quart size freezer bag and again, press the air out as you seal the bag. This will help keep the salt from accidentally seeping into the ice-cream.
3. Fill a one-gallon freezer bag halfway with ice and the salt. Place the quart size freezer bag on top of the ice and then add more ice on top.
4. Now here is where the fun starts. Grab that bag and shake it. It will take about 7-10 minutes to become ice cream and the ice gets really cold, so you may want to wear oven mitts or gloves.
5. When the mixture is frozen and looks like ice-cream, remove the quart bags from the large bag of ice and take the inner quart bag out.
6. You can snip off the corner of the bag or scoop the ice-cream out with a scoop. If you feel like it still needs to be frozen, you can pop it in the freezer until it is a little firmer.





## Bird Feeders

### Materials:

- Toilet Paper Roll
- Honey or Peanut Butter
- Bird Seed
- Yarn or String
- Scissors
- Knife
- Plate

### Instructions:

1. Spread bird seed onto a plate and set aside.
2. Cut a piece of yarn about 18" long for your bird feeder and set aside.
3. Use a knife to spread peanut butter or honey on the outside of the toilet paper roll.
4. Roll the toilet paper roll onto the bird seed, pressing gently so the seed sticks to the peanut butter or honey.
5. Tie the yarn through the toilet paper roll and hang on a tree for birds to enjoy!
6. Note: If you do not have bird seed around, you can use cheerios instead!



## Comic Book

### Materials:

- Paper
- Markers, Pencil Crayons, or Crayons
- Pen or Pencil

### Instructions:

- Choose one of you to be the illustrator and either one or both of you to be the author.
- Start to create a comic book together or individually and share afterwards!

Example and Steps: <http://www.mykidsadventures.com/create-comic-strip-kids/>



## Scavenger Hunt

### Instructions:

- Set a timer and the mentor and mentee needs to find the objects on the list in that time frame.
- After time is up, share what items you were able to find and stories behind those objects!



- Something Smooth
- An Item Bigger Than Your Hand
- A Cube
- Something That Makes A Noise
- Something Bendy
- Something Rough
- Something Smaller Than Your Finger Print
- Something Blue
- Something Star Shaped
- Something Starting With C
- Two Items Which Names Rhyme
- Something Old
- Something With A Face On It
- Something Red
- Something To Wear
- Two Items That Look Exactly The Same
- Something Which Has To Be Grown
- An Animal
- Something Yellow
- Something Starting With T
- Something Pointy
- Something Hollow
- Something Grey
- A Sphere
- Something Soft
- Something Shiny
- Something Straight
- Something That Smells
- Something You Think Is A Treasure

### *BONUS*

*Can you spell your name using items which start with each letter?*



<http://tiredbutcraftymummy.wordpress.com>



### Themed Days

### Instructions:

- Pick a cool theme day for you and your mentee to participate in. This could be pajama day, costume day, etc.
- You and your mentee can dress-up for the themed day and celebrate it however you would like!



## Book Club

### Instructions:

- Choose a book that either both you and your mentee have or choose separate books.
- Read the books together and then when you meet up to discuss certain parts of the book you liked or disliked.

## Eat Together

*Share a meal with each other virtually, such as lunch or dinner. This is a great way to spend time together and talk about your favourite foods and what happened during the day. Below are some dinner conversation starters that you can use as you eat together!*

1. If you could travel anywhere, where would it be?
2. If you could be a famous person for a week, who would you be and why?
3. If you could have any superpower, which would you choose?
4. If you had one wish (and you cannot wish for more wishes), what would you wish for and why?
5. If you could eat just one food everyday for a month and nothing else, what would it be?
6. If you could trade places with your parents for day, what would you do differently?
7. If you could pick your own name, what would it be?
8. If you could have any pet, what would you choose and what would you name it?
9. What is your favourite movie and why?
10. What has been the happiest day of your life so far and why?
11. What do you want to be when you grow up?
12. What is the craziest thing you would ever eat?
13. What is your most embarrassing moment?
14. What is your least favourite chore?
15. If you could only eat three foods the rest of your life, what would they be?
16. If you could stay up all night, what would you do?
17. If you had to live in another country, which one would you choose?
18. What is your greatest talent or ability?
19. If you could travel back in time, where would you go?
20. What is something you want to learn how to do and why?
21. What would you do if you were a king or a queen?
22. If you were invisible for a day, what would you want to observe?
23. Would you rather be a giant rodent or a tiny elephant? Why?
24. If you had your human body, but the head of an animal, what animal would you pick?
25. Would you rather swim with stingrays or explore the jungle?
26. If you could add any vegetable against the law, which one would it be?
27. If you were sent to live on a space station for three months and only allowed to bring three personal items with you, what would they be?
28. What does a perfect day look like to you?
29. If you could be in the movie of your choice, what movie would you choose and what character would you play?
30. If you had a time machine for day. What would you do with it?

## Puppet Show

*Make puppets together and put on a puppet show for one another! You can base your show off of your favourite tv show, movie, book, or use your imagination! There are some instructions below of how to make popsicle stick puppets, but you can make any type of puppet you would like!*

### Materials:

- Paper
- Markers, Pencil Crayons, or Crayons
- Decorations (Stickers, Feathers, etc.)
- Popsicle Sticks
- Glue
- Scissors

### Instructions:

1. With the paper, start to design characters or animals.
2. Once you are done drawing and colouring your characters, cut them out using the scissors.
3. Then use the glue to glue them onto the popsicle stick.
4. Depending on what glue you use, you may need to wait a bit for it to dry.

## Minute to Win It Games

*These games are easy and fun to do with your mentee!*

### Game One: Marshmallow Transfer

#### **Materials:**

- Straws
- Two Plates
- Marshmallows (Can use any type of candy as well)

#### **Instructions**

1. Put marshmallows on one plate and keep the other plate empty.
2. Using only the straw, suck up the marshmallows and transfer them over to the empty plate.
3. Set the timer for one minute and at the end see who got the most marshmallows on their plate!



### Game Two: Cereal Box Puzzle

#### Materials:

- Cereal Box (Front of Box)
- Scissors

#### Instructions:

1. Cut up the front of the cereal box in as many pieces as you want.
2. Mix up the pieces and try to solve the puzzle in only one minute!



### Game Three: Cup Stacking

#### Materials:

- Plastic Cups (Red Solo)

#### Instructions:

1. Start with the cups stacked together.
2. Then, when the timer starts, build a pyramid using the cups and then re-stack the cups.
3. Hint: To make this challenge harder try to re-stack the cups only using one motion.





#### Game Four: Cookie Face

##### Materials:

- Cookies (any kind)

##### Instructions:

1. Sit down in a chair and place the cookie on your forehead.
2. Start the timer and you have one minute to try and get the cookie from your forehead into your mouth.
3. You cannot use your hands; you can only use the muscles in your face to move the cookie down. If the cookie falls off your forehead, just place a new one on and keep going!





### Game Five: Hold the Dice

#### Materials:

- Approximately 6 Dice (can do more or use another stacking object)
- A spoon or popsicle stick

#### Instructions:

1. Place the spoon or popsicle stick in your mouth.
2. Start the timer and get another person to start stacking the dice on the spoon or popsicle stick.
3. In one minute, try to balance as many dice on the spoon or stick as possible without it toppling over!



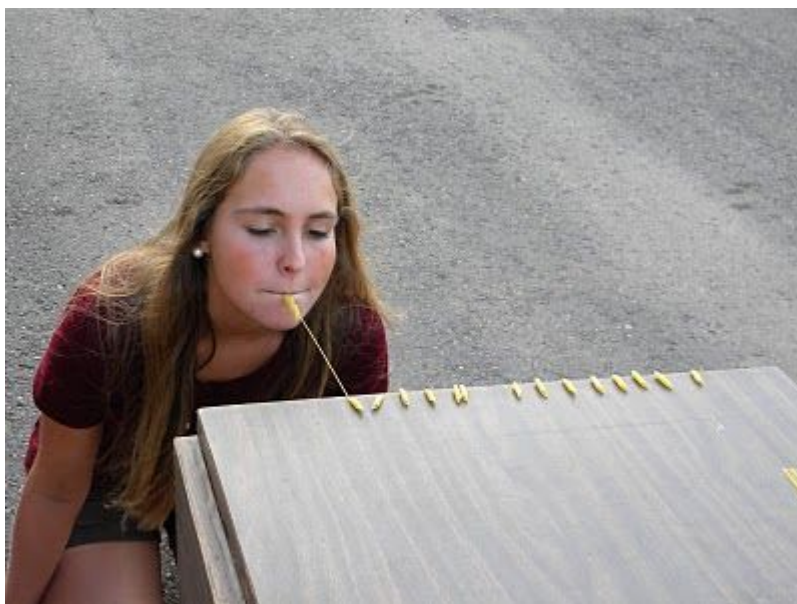
### Game Six: Noodle Pick-Up

#### Materials:

- Uncooked Penne Noodles (Approximately 6)
- Uncooked Spaghetti Noodles (1 for each player)
- Table

#### Instructions:

1. Place the penne noodles on the edge of the table.
2. You can either place the spaghetti noodle in your mouth or just use your hand, depending on how hard you want to make the game!
3. In 1 minute, players must try to pick up as many penne noodles as possible, only using the spaghetti noodle!



### Game Seven: Apple Stacking

#### Materials:

- Apples (Approximately 5-6)

#### Instructions:

1. Try to stack the apples in 1 minute with it toppling over!



### Game Eight: Fruit Loop Thread

#### Materials:

- Fruit Loops or Cheerios
- Thread or Pipe Cleaner
- Tape

#### Instructions:

1. Tape the thread or pipe cleaner to a table.
2. Once the timer starts, try to put as many fruit loops or cheerios on the thread before time runs out!



## Game Nine: **Heads Up**

### Instructions:

1. Download the game “Heads Up” onto you and your mentees phones.
2. Then play the game and keep score to see who wins!



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## Mental Health

### Mental Health Scavenger Hunt

# *Mosswood Connections*



[Home](#)

#### MENTAL HEALTH SCAVENGER HUNT

Page | 1

- Find the emoji that best matches your current feeling.

What feeling did you choose? \_\_\_\_\_

- Find something beautiful – take a photo if you can.

What did you find that is beautiful to you? \_\_\_\_\_

- Find something soft.

- Get a hug.

- Find a coloring page. Spend a little time coloring.

- Find at least one yoga pose card and do that pose.

What pose(s) did you do? \_\_\_\_\_

- Find a piece of paper or a gratitude card and write one or more things you are grateful for.

- Find a photo of a happy memory.

What memory did you choose? \_\_\_\_\_

- Give someone a compliment.

- Do an animal walk.

What animal walk did you do? \_\_\_\_\_

- Connect with someone you love! Write a card, send an email, or call someone.

Who do you want to connect with? \_\_\_\_\_



### Coping Strategies Fortune Teller

Follow the instructions in the link and make a fortune teller with your favourite coping strategies that you can use to help with mental health.

<https://www.thepathway2success.com/practicing-coping-strategies/>



## Mental Health Shelf

*This would be a great activity for youth and having a conversation around their mental health and strategies.*

### Instructions:

1. Get your mentee to draw a shelf



2. Then use the following questions to get the mentee to fill their shelf with either words or pictures.
3. Have a conversation afterwards about each question and come up with strategies together to help the mentee cope.
4. Questions: Draw or write the following...
  - a. How are you feeling today?
  - b. What you like about yourself
  - c. One thing you would change about yourself.
  - d. Something you do for self-care. How can you implement more self-care into your life.
  - e. How you feel consistently on a daily basis.
  - f. A positive about your life.
  - g. A negative about your life and how you can change it.



## Treasure Box

*This activity would work well with younger mentees and talking about mental health.*

### Instructions:

1. Get your mentee to draw a treasure box using their imagination.
2. Get your mentee to fill in the treasure box, either using words or drawings, with stuff that they like and makes them feel better.
3. After, talk about different emotions (sad, angry, depressed, confused, lonely, etc.) and link those emotions to something that they drew or wrote, to help them overcome that emotion and make them feel better.

## Turning a Bad Day into a Good Day

*This can be used for both children and youth in dealing with mental health.*

### **Instructions:**

1. Have your mentee draw a flower with petals.
2. In the middle of their flower have them write either the situation that they are struggling with or the emotion that they are feeling.
3. In the petals, have them write ways they can turn this bad day into a good day!

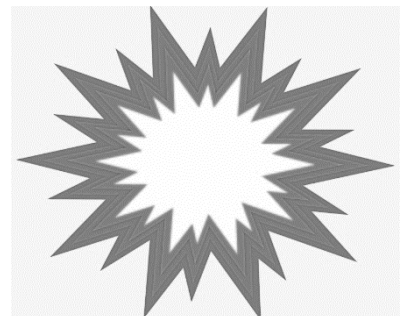
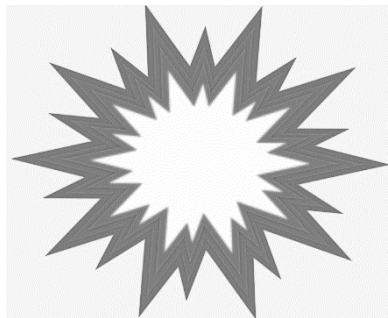
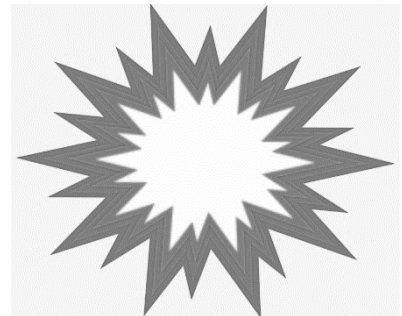
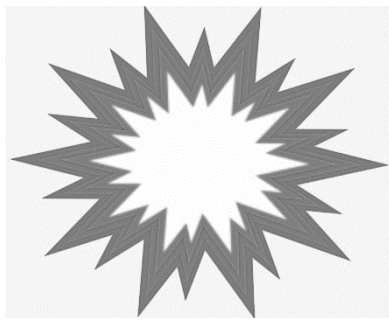
Note: You can have them draw any object, just make sure that they have space to write their strategies and their issue or emotion.

### The Letting Go Canon

*This exercise is a good visualization and imagination activity that can help either the child or youth let go of their emotions.*

#### Instructions:

1. Using the sheet below, have the mentee fill out the explosions. This symbolizes them letting go of their feelings and emotions.



## My Emotional Cup

*This is a good mental health resource to use with children and youth to spark the conversation.  
Have them fill this out or if virtually, get them to draw it.*

# My Emotional Cup

How I deal with having an empty cup:

- 
- 
-

What I need to bear:

- 
- 
-



How you will know I need help:

- 
- 
-

What fills my cup:

- 
- 
- 
- 
- 
-

What empties my cup:

- 
- 
- 
- 
- 
-

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