

## Life Skills Activities

- Set your mentoring goals together
- Make dinner together
- Go out for a meal together
- Go to a movie
- Pick Fruit
- Go to the gym
- Discuss responsible use of a mobile phone and how to handle text bullying in a responsible way
- Learn to sew a button
- Review your mentoring goals
- Learn to change a tire
- Learn to balance a check book
- Talk about balancing work and play
- Learn about credit cards
- Learn about budgeting
- Plan a week's worth of meals
- Do a week's grocery shopping
- Go holiday shopping
- Teach mentee how to read a map
- Make something together
- Mow the lawn together
- Paint something
- Watch and discuss the news
- Create a journal, including photos, of your time together
- Start a collection
- Plant and maintain a vegetable garden
- Learn needlework. e.g. knitting, embroidery
- Clean out the garage or bedroom and then celebrate a job well done
- Do aerobics together
- Help your mentee come up with a fitness schedule
- Learn how to program a DVD
- Plan a trip. Find out how much it will cost, e.g. hotel, gas, food, flight, rental
- Set a goal
- Act out or read a play out loud
- Make your own board game
- Make a list of 25 things you each want to accomplish during your lifetime and share it with each other



# NEXTGEN Mentoring

Empowering Youth for the Future

- Start writing a story together, then take turns taking it home and adding new fun twist to the story
- Seek out a new word and find out what it means like “onomatopoeia”
- Make a collage or vision board and have a theme like: dream home, fashion, cut out pictures from magazines
- Learn how to play a new sport or game
- Learn how to knit or crochet
- Learn how to make different kinds of paper air plans and then have a contest
- Discuss a current event
- Practice positive imagery and relaxation techniques
- Run errands together
- Go on a walk
- Read a book together and then review it
- Encourage your mentee to try something new- food, a sport, or hobby
- Talk about money and budgeting
- Share a verse, quote or saying that is meaningful to you
- Go shopping at a thrift store
- Make a family recipe
- Tell your “growing-up” story including successes and failures
- Talk about feelings and how all feelings are ok and then discuss how to deal with feelings
- Help them setup a checking or savings account with the parents’ permission
- Map out a one-day bike ride and then go
- Wash and wax your vehicle
- Teach them car maintenance