

Activity: Session 2 GETTING TO KNOW YOU BETTER

Objective: Help participants gain a deeper understanding of the FNL Mentoring program.
Set group behavior and attendance expectations.

Sign In and Welcome

Mentors should greet the protégés and show them where to sign in

Introductions/Icebreaker

- One mentor explains to the entire group that we are going to introduce ourselves today. Each person is going to create a funny nickname that tells a little bit about that person. Each person will state their first name, then a funny middle name that says something about who they are or something they like, and then state their last name. Examples: "Lisa-loves to read-Mercado", "Kim-makes great cookies-Williams", "Jeff-#1 Giants Fan-Smith".
- Allow time for everyone to think of a nickname and have group take turns introducing themselves. Explain that the group should pay close attention to each other's nicknames.
- After everyone has introduced themselves, start again except each person will introduce someone else using their nickname. Allow this to continue until everyone has been introduced.

Program Explanation

Have the group sit in a circle. Mentors will take turns explaining the FNL Mentoring program. Explain what the program is about, where they will meet, how often they will meet and what time, and how each session will be formatted. Allow for any questions from the group.

Group Agreement Review

Take turns reading each part of the "Group Agreement". Check to see if anyone has anything to add to the agreement that they feel is missing. Ask for any questions and let group know you will be reviewing the "Group Agreement" again for the next session.

Group Activity: "Human Knot"

Split the group into teams of 6-10 people. Explain that the teams are going to create a "human knot" and they have to untangle it. Have the teams stand shoulder to shoulder in a circle, stretch out their arms toward the middle and cross them. Explain that everyone will close their eyes and with their arms stretched out grab hands with someone else. Everyone in the team should be

holding someone else's hands. After you have checked everyone's hands, have everyone open their eyes.

The teams now have to untangle the knot they've created without letting go of each other's hands. The first team to untangle themselves and re-create their circle wins! Do this a couple of times, as time allows, with different teams.

Note: if there are not enough members to break into teams you can complete the activity as a whole group.

Confidentiality and Child Abuse Reporting Explanation: *FNL staff person will be a part of this discussion.*

Explain to protégés the following:

Everything that is said during meetings and during one-on-one time will be kept confidential and private amongst the group unless the mentor feels that what is being shared poses a danger to the protégé or someone else. In that case the mentor must inform the FNL staff person and necessary steps will be taken. This is to insure the safety of everyone involved.

Share the following examples:

- If a protégé shares that they are being threatened by someone at school
- If a protégé shares that a relative is hurting them physically or emotionally
- If a protégé shares that someone they know is being hurt

Ask if there are any questions. Inform protégés that they can ask questions at any time in the future either during group time or in private.

Closure

Thank everyone for coming and for actively participating. Remind them when they will meet next, where, and at what time. Encourage everyone to attend.

Optional Activities/Discussions

Optional Group Activity #1: Mentoring Acrostic (see attached)

Materials Needed:

- Acrostic Handouts for everyone
- Pens, pencils or markers

FNL MENTORING



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As a group or in teams, create an acrostic for the word "MENTORING" that reflects what mentoring means to each person. For example an acrostic for the word SCHOOL might be:

Study regularly
Offer suggestions

Call for help when you need it
Observe deadlines

Highlight main points
Learn as much as you can

Optional Group Activity #2: Bridge Builders

Materials Needed:

You will need various materials for designing and building a bridge, such as;

- Straws, popsicle sticks, pipe cleaners
- Construction paper, paper plates and cups
- Markers, glue, tape, yarn, glitter, etc.

Before the meeting separate enough materials equally for 3-4 teams and place in a brown paper bag. Split the group into 3-4 teams with equal numbers of mentors and protégés. Give each team a bag of materials to build their bridge. Each team will have a set amount of time to create their bridge. They can build any kind of bridge they choose and be as creative as they want. They may also trade or borrow from other teams for supplies.

Each team should create a name for their bridge and determine its purpose. The name and purpose can be as creative as the bridge itself. (For example, "The Sunshine Bridge takes people to a warm sunny place where they can relax and have fun." When time is up, each team will share the name of their bridge and explain its purpose.)

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Developed by the California Friday Night Live Partnership in partnership with the FNL Mentoring Policy Committee

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