



GOE CONNECT

“Connecting with your Community”

Welcome & Introduction: *(10 minutes)*

Begin each session with the following questions and warm-up exercises

- **Spotlight** – What's new? What's old? What's exciting?
- **Relationships & ME** – Each mentee will share 2-3 relationships they value most and why
- **My Voice** – Have each mentee share their communication style or method

Connecting with your community is about - Interpersonal, Relationships, & Communication:

- Discuss the importance of each connection point and its meaning
 - Interpersonal: Relating to relationships or communication between people
 - Relationships: How individuals or people connect or are connected
 - Communication: The exchange of information, news, thoughts and/or ideas

Pay It Forward (Activity Option/Modify as Ice Breaker)

Teaching Points: *(focus on Interpersonal & Making the Connection)*

- The goal of the activity is to illustrate and show the value and impact of giving without the expectation of receiving and how impactful this can be for others.

Speak about what it means to Pay It Forward

- Pay It Forward – Responding to a person's kindness to oneself by being kind to someone else.; The simplest way to define “pay it forward” is that when someone does something for you, instead of paying that person back directly, you pass it on to another person instead..

Describe ways in which we can Pay It Forward

- **Examples include:**
 - Simple acts like holding the door/elevator for others,
 - Create a Facebook fundraiser,
 - Donate unused items to those in need
 - Run or walk for a cause;
 - Treat someone while you treat yourself,
 - Volunteer with community partners
 - Smile and give a compliment

Activity Rules & Objective *(focus on Interpersonal)*

- What is the point of all this? Why do so many people live their lives according to the “pay it forward” principle? It has been proven that acts of kindness build exponentially in a community and because people believe that one good deed deserves another. “Paying it forward” can make the world a better place.
- **For this activity/icebreaker, you will need:** basket or bag, tokens or cards representing something of value
- **Rules:** Select a mentee who will receive a token or card of value; once presented with a valued token or card, the mentee will have the option to pay it forward to a mentee without a valued token or card; Mentees who decide to give their token or card with the mentee who is “without” will receive another card or token of similar or greater value.

Random Acts of Kindness (Activity Option/Modify as Ice Breaker)

Teaching Points: (*focus on Interpersonal & Making the Connection*)

- The goal of the activity is to illustrate and show how to demonstrate selflessness. During this holiday season we want to share with mentees how showing selflessness is an important part of their overall development and journey as young women.

Discuss the importance of Random Acts of Kindness

- *Random Acts of Kindness:* These acts are defined as any non premeditated action that is driven out of kindness and the welfare and benefit of others. The purpose of Random Act of Kindness is to offer kindness towards individuals within your circle, community and the outside world.

Mentor:

- Describe 2 examples of Random Acts and your experience as a giver and/or receiver of the kind act
- Share how they were impactful and allows you to connect with your community and others

• **Activity Rules & Objectives**

For this activity/Icebreaker, you will need:

- 3 index cards for each mentee; each card will be a different color.

Rules:

- *In Person* – Mentees will be tasked with identifying a random act of kindness for (1) a peer (2) family member and (3) their community. As a follow up. Mentees will journal about their actions, experiences, and outcomes
- *Virtual* – Using the same concept as *In Person*.

Lemons & Lemonade (Activity Option/Modify as Ice Breaker)

"It's not what happens to you, but how you handle it. If Life gives you lemons, make lemonade..." - Louise Hay.

Teaching Points: (*focus on Interpersonal & Making the Connection*)

- The goal of the activity is to illustrate how the bad experiences also have positive areas to be thankful for; with every situation find the good or lessons.

Discuss this phrase and what it means:

What does the lemon and lemonade symbolize for this activity/icebreaker?

- Lemons symbolize the bad experiences, situations and challenges (things we don't have);
- Lemonade symbolizes all the positive experiences and situations (things we do have and can be thankful for)

Activity Rule & Objective:

For this activity/Icebreaker, you will need:

- lemon heads (substitute for the lemons); and lemonade or fruit drink (substitute for lemonade)
- *In Person* – Using Lemon Heads or a Tart Candy, have mentees identify 3 tough and disappointing experiences; Name how each of the disappointing experiences because positive learning experience – lemonade. Split the group in half, with half of the mentees receiving lemon heads and the other half receiving lemonade or substitute.
- *Virtual* – Using the same concept, split the group in half, with half of the mentees receiving lemon heads (tart candy substitute) and the other half receiving lemonade (or juice substitute).

The More you Give, The More you Get (Activity Option/Modify as Ice Breaker)

Teaching Points: *(Communication & Making the Connection)*

- ✓ Talk about the importance of giving back to the community.
- ✓ Point out that to serve and give effectively takes planning, communication and hard work (as they did in the game).
- ✓ Demonstrate to the teens how this idea of giving occurs in a real-life situation and the importance of connecting with their community to build Interpersonal and Communication skills

Activity Rules & Objective:

- Each mentee will want to unload as much of their candy into the receiving bucket as quickly as possible. The mentee with the least amount of candy or marbles will be the winners. In this game, it is truly “better to give than to receive”.

For this activity/Icebreaker, you will need:

- bag of candy or marbles; small to medium buckets (bags as a substitute)

Rules:

- Each team will start with an equal amount of candy/marbles in the Giving Bucket. Each mentee will have 5 minutes to get rid of as much of their candy/marbles as they possibly can. Mentees will be given a tool to use to take candy/marbles from the Giving Bucket and put it into the Receiving Bucket. You can use anything to move the candy/marbles except bare hands. Mentees can carry candy/marbles their elbows, in their shoe, or a cup, anything except bare hands.
- As the Receiving Bucket becomes full, you may move candy/marbles out of that bucket into another mentee’s bucket. However, they must first carry the candy back to their Giving Bucket before you can pour it into another mentee’s Receiving Bucket.
- When the time is up, have each mentee sit down. Give each mentee a bucket and have them count all the candy/marbles collected. The winner will be the mentee with the least amount of candy. This is the mentee that gave more than they received.

The Gift that Keeps on Giving (Activity Option)

Teaching Points:

- Demonstrate how this idea of giving occurs in a real-life situation and the importance of connecting with their community to build Interpersonal and Communication skills

Discuss the following with this concept of giving:

- ✓ Talk about the importance of giving back to the community.
- ✓ Point out that to serve and give effectively takes planning, communication and hard work (as they did in the game).

Activity Rules & Objectives:

- The mentor can either bring small gifts for mentees to play the "White Elephant" gift exchange game, or the mentor can call the mentees during the week and tell them to bring something from home to exchange during the mentoring session.
- Play the White Elephant game with mentees and tell them that they all have "gifts that keep on giving" and that can lead into the concept of this activity.

Rules for the activity:

- The gifts are placed in a central location, and mentees draw numbers to determine in what order they will take turns selecting a gift. The first person opens a wrapped gift and the turn ends.
- On subsequent turns, each person opens a new present and gets the choice to keep that present or to "steal" another person's unwrapped gift. When a person's gift is stolen, they swap gifts with the person who is stealing their gift. The game is over when the last person has taken their turn.)