



Each week, mentors receive a new College Mentors at Home Activity Sheet like this. The activity sheets allow buddy pairs the freedom to pick what to do during their time together.

This is a *flexible agenda*, so we invite them to select the activity category that works best for them during their time together. For example, if a mentor knows their little buddy will enjoy a certain category, they start there no matter where that category is listed on this sheet.

Activity Guidance
Let's break the ice! – 5 minutes
Spend time welcoming your little buddy to today's activity. You can ask them about their week, to share cool stories, etc.
Mentors explain options for activities based on the categories below and allow the little buddies to decide which to do!
Movement – 10 minutes
<ul style="list-style-type: none"> • Show and tell: <ul style="list-style-type: none"> ○ <i>Have your little buddy walk you around their space and show you their favorite thing. You do the same!</i> • Time my movement: <ul style="list-style-type: none"> ○ <i>Both of you time yourselves running to the front door and back! Who is going to win?</i> • Play charades!
Culture and Diversity – 10 minutes
<ul style="list-style-type: none"> • What is your culture? <ul style="list-style-type: none"> ○ <i>Ask the little buddy about their culture:</i> <ul style="list-style-type: none"> ▪ <i>This is how I dress:</i> ▪ <i>This is where I live:</i> ▪ <i>My language:</i> ▪ <i>What I play:</i> ▪ <i>Celebrations:</i> • <i>What I eat:</i> • <i>Sign language – pick a letter:</i> <ul style="list-style-type: none"> ○ <i>Pick a letter to learn in ASL from this website: https://kidcourses.com/abc-signs-program/.</i> ○ <i>You will be able to learn ASL for different words that start with your chosen letter!</i> • <i>Where am I?</i> <ul style="list-style-type: none"> ○ <i>Go to the website: https://www.mapcrunch.com/. This website will place you somewhere random in the world each time. Can you work together to figure out where you may be?</i>

Let's explore Space! – 10 minutes

- Why is the sky blue?
 - Go to the website: <https://spaceplace.nasa.gov/blue-sky/en/>.
- How long is a year on other planets?
 - Visit: spaceplace.nasa.gov/years-on-other-planets/en/

STEM (will need supplies) – 10 minutes

- Paper airplane contest:
 - Who can create the best paper airplane? Talk about different folds and what parts of the airplane make it fly straight and far.
- Will this float?
 - Fill up the sink in the bathroom. Grab some things like pennies, canned soda, cotton balls, whatever! Why do some things float, and others don't?

Drawing – 10 minutes

- Draw what you hear:
 - Play a classical music selection from this playlist: <https://open.spotify.com/playlist/6kQfDA5ovD3L24mE64I7Ru?si=BgL YjFKSx6rHVfLeTmlqg> Ask your little buddy to draw what they hear.
- **Create and draw a mascot:**
 - **Many sports teams and colleges have their own mascots. Mascots can inspire teams and their fans and today you get to make yours!**
 - **Is your mascot an animal or a person? What colors are they wearing? Is there a certain sport or event that they are a part of?**

During the event, we'll be doing this activity together. We can't wait to see your creations! Make sure to tag us:

Facebook:

@CollegeMentorsforKidsNationalOffice

Instagram:

@College_Mentors

Twitter:

@CollegeMentors

Wrap up – 5 minutes

Spend time saying goodbye to your little buddy. Reflect on all the activities you participated in together!

- What was their favorite part?
- Is there something they would like to do/explore in the future?

Let your little buddy know that you can't wait to see them next week!

Draw Your Mascot Here and Share on Social Media!

Facebook: @CollegeMentorsforKidsNationalOffice
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