

# **MENTOR/MENTEE ACTIVITY GUIDE**

**Here is a compilation of virtual activities  
our AAOMs have suggested to our  
mentor/mentee matches**

Some of these activities are better for one age  
over another, but **all** should be doable  
virtually

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# 70 ACTIVITIES FOR MENTOR/MENTEE MATCHES

1. Discuss what your mentee wants to study in college, if they want to go to grad school, and what career they want after they graduate
2. Teach your mentee how to create and stick to a budget
3. Make a calendar of assignments and responsibilities to practice time management
4. Develop a resume
5. Talk about your mentee's dreams: what would they do if everything went right? If anything was possible?
6. Meyers Briggs Test
7. Bucket List: Make a list of 25, 50, 75, or 100 things your mentee wants to do or accomplish during their lifetime. Mentors could make one too!



8. Find a possible service project you can do together and spend a couple hours or a day working on that project

9. 1 year plan, 5 year plan, 10 year plan - map out the years to come in your mentee's life  
What do they wish to accomplish?

10. Play Virtual Pictionary using Scribbl.io:  
<https://skribbl.io/>

11. Choose an article to both read before your next meeting, then discuss the article when you meet

12. True Colors Test: [my-personality-test.com](http://my-personality-test.com)

13. Holland Code Test:  
<https://openpsychometrics.org/tests/RIASEC/>

14. The Archetype Indicator Test

15. Use the Chrome extension Teleparty to watch a movie together on Netflix. There should be similar capabilities with Hulu and Amazon

16. Share with each other a song that is important to you

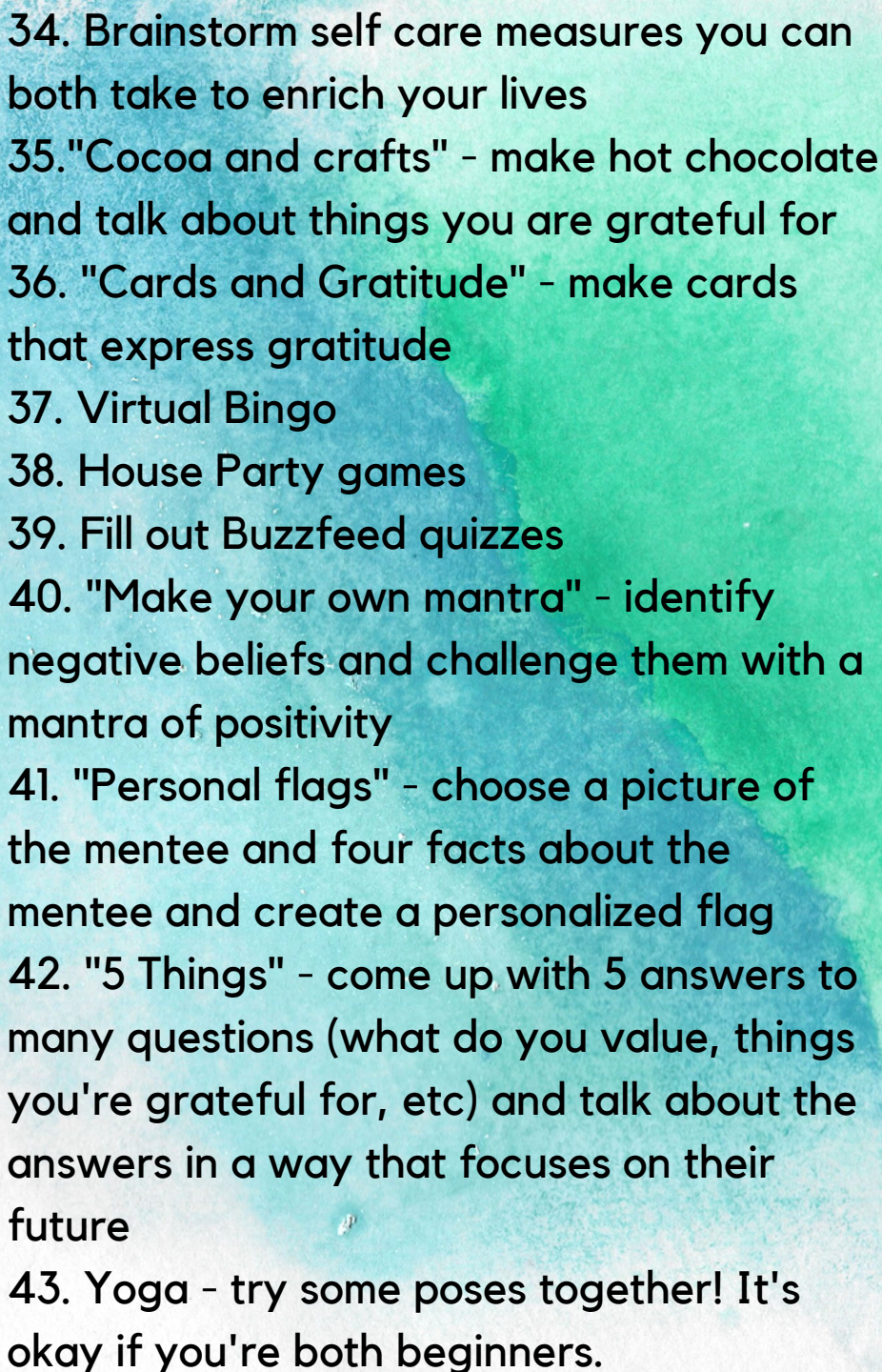


17. Share with each other a book or movie that is important to you
18. Watch a TED Talk together and discuss the topic
19. Write letters to your future selves
20. Have your mentee write down the picture of a perfect week. What are they doing, where are they living, who are they with? Discuss these discoveries and what you can learn/apply from them
21. Make a mixtape or a playlist for one another, or make one together. Maybe a motivation playlist, a mood booster playlist, or a studying playlist
22. Invite a friend or coworker who might have pertinent information for your mentee to join your conversation one day. Maybe invite someone who could offer your mentee an internship or job opportunity
23. Have a movie club. Decide what movie to watch, watch it on your own time, and then reconvene and talk about what you thought. Take turns who picks the movie



24. Share a poem that is important to you and describe why
25. Read a paper they wrote for school and give constructive feedback and positive support
26. Have a virtual cooking date. Decide on a recipe you both want to try and Zoom while making it
27. Help them fill out an application
28. Talk about what holidays your mentee celebrates and observes
29. Play show and tell: pick an object that represents something important about you and share why. Ask your mentee to do the same
30. Have a study date: go on Zoom while each of you do work. Chat intermittently, ask questions, or stay quiet
31. Create a time capsule
32. If your mentee plays an instrument, see if they will play something for you
33. Talk about the first job you ever had; talk about your college experience



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34. Brainstorm self care measures you can both take to enrich your lives
  35. "Cocoa and crafts" - make hot chocolate and talk about things you are grateful for
  36. "Cards and Gratitude" - make cards that express gratitude
  37. Virtual Bingo
  38. House Party games
  39. Fill out Buzzfeed quizzes
  40. "Make your own mantra" - identify negative beliefs and challenge them with a mantra of positivity
  41. "Personal flags" - choose a picture of the mentee and four facts about the mentee and create a personalized flag
  42. "5 Things" - come up with 5 answers to many questions (what do you value, things you're grateful for, etc) and talk about the answers in a way that focuses on their future
  43. Yoga - try some poses together! It's okay if you're both beginners.



44. "If..." - Ask the mentees a series of questions beginning with the word "if" to get them thinking about their futures

45. Practice and share your photography skills by creating a virtual shared album for you and your mentee. To get started, download the Google Photos app

46. VAPA

(<https://sites.google.com/sandi.net/vapavirtualresources/music/music-virtual-activities>) has virtual resources for composing your own songs, touring pop culture exhibits and music museums, and learning about the history of some of your favorite pieces

47. Create a "yes and" story. One of you will start the story. The other will respond with "yes and", and add on to the story; from then on the two of you will switch between adding onto the other's plot points until the story is finished.



48. Use an online flashcard generator that shuffles cards to create a conversation game. Have each person add interesting questions that can be asked about a person. Each person can switch between asking the other a question. Passing is always an option

49. Play Taboo Online

(<https://playtaboo.com/playpage>) (You can skip over cards that seem inappropriate or too difficult for either side)

50. Mentee/Mentor Book Club: Choose a book to read chapter by chapter or vignette by vignette. Schedule a time to talk about each chapter until you're done with the book or tired of talking about it. Poetry is also an option

51. Make and send each other art. Create a collage. Pick a photo and sketch copies to exchange. Knit a scarf. Write a poem/skit/comedy sketch



52. Send each other photo stories. Are you baking a cake? Take pictures of yourself at different points in the process and send them to your match

53. Teach your match a skill. Maybe you're great at origami; teach your match step by step how to create a paper crane

54. Go on a virtual tour of an art museum. Share your screen on a video chat or conferencing app or pace your visit with your match and discuss the pieces

55. Keep a blog. You and your mentee can keep in touch by blogging about your various adventures. Making a vlog (video blog) is also an option

56. Snail mail. If either of you is traveling, send postcards from your adventures! Make sure to take your mentee or mentor's address with you! Writing a letter about your day is also an option



57. Plan a dream vacation. Even if you can't actually take the trip together, spend some time on a video call looking at fun things to do in faraway places. Try to plan your perfect trip

58. Podcast together: Are you watching a TV series or movie together? Reading the same book? Record a podcast via Zoom! Think of a topic your match is passionate about and just talk it over and share your work with others

59. Take a free course together online

60. Get to Know Me Powerpoints! Make a presentation of yourself to share with your match!

61. Search for virtual activities to share with your match on the Boston Central website

62. Celebrate the arts with your match: Explore Creative Capital's compilation of online arts events with your match



63. Affirmation/Activity Boxes: Decorate an old shoebox with craft materials you have around the house. You can also use a wooden box, some other cardboardbox, a jar, or a paper bag. Cut sheets of paper into rectangular slips. Use slips to write fun activities or words and phrases that bring you joy and confidence. Put your slips in your "box" and draw a slip each day. Each day you'll find an affirmation or activity to uplift your day. You can do this activity over Zoom or stay on the phone and talk about what your match is putting in their box

64. Take a virtual tour of Mars with the Curiosity Rover

65. Create your own dance routine/ have a dance competition over Zoom or Facetime

66. Learn/do improv comedy together

67. Make/exchange friendship bracelets



68. Read to each other over the phone or Facetime/Zoom

69. Write a song together over the phone or Facetime/Zoom

70. Pretend you are writing an article about each other and have an interview

How did these activities  
work for you?