



Virtual Mentoring Activities

We will be updating this list of virtual activities to support you and your mentee during COVID-19. As always, let FFY staff know if your mentee or their family needs resources or a referral to services.

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ART & CULTURE

1. [Explore museums worldwide!](#)
2. Do the same... but with [National Parks!](#)
3. Eat a meal over Zoom together. (You might even send something via DoorDash to your mentee!)
4. Write a short song, poem, or rap together. Play with rhyming!
5. Share your favorite funny movie or YouTube video together using [Kast](#) or Zoom.
6. Draw each other's portraits while on video chat.
7. Make each other playlists of your favorite songs.
8. Play an instrument together... even if it's an upside down bucket or some pots and pans!
9. Learn to make [origami](#) together!
10. Spend your video call **doodling with your non-dominant hand** or try not lifting the pen until you're done. Share your creations!
11. Find a photo for your [virtual backgrounds](#) for your next Zoom call. Share why this picture is significant to you.



12. Learn sign language together! Google hand gestures & try them out over video chat.
13. See what the penguins and otters are up to at the Monterey Bay Aquarium! View their live cams [here](#).
14. Check out some of 2020's [Guinness Book of World Records!](#)
15. Each make a short video sharing fun "if you really knew me" facts! Send your videos to each other and discuss on your next call. (This could be a good opportunity to try out the video messaging app, Marco Polo!)
16. Exchange recipes! Talk about your favorite food or dish, trade recipes, share a photo of the dish, or even make it together on Zoom.
17. **Hidden Gems:** Whether on sticky notes or pieces of paper, spend time on your video chat writing mantras, quotes, or [these check-in questions](#) to yourselves. Then, plant the notes around your home to rediscover later. The purpose is to leave inspiration around your home for days that just aren't as "sunny." (And doing this together allows you to share inspiring quotes & ideas!)
18. **Future-Ama!** *Feeling creative?* Can you & your mentee challenge each other to make a video of yourselves speaking to your "future self?" Each make a video to "post isolation" you! *How is it that you have grown during these times? What are you most proud of? What was it that got you through the harder, more mundane days?*
19. **Fortune Teller of Positivity!** Here's a link to making [an origami "fortune teller"](#). Can you challenge yourselves to make all the messages into little notes of positivity?
20. **Superhero Draw-Off:** While chatting, spend time drawing each other as "superheroes!" Keep your drawing hidden until complete. Then, explain why you've given each other certain traits. (I.e., "You have extra big eyes because you're always able to see the big picture!")
21. **Eat Your Vegetables!** Sometimes we need a little more science to help us make healthier decisions. Set a timer for 10-minutes. In that time, each research as many (but different) vegetables as you can. The goal is to learn what each veggie offers in terms of nutrition, and why. *Broccoli, spinach, zucchini, carrots... and MORE!*



22. **Go Exploring:** Have you tried a virtual tour together yet!? How about checking out a fun tour from this [list](#)? What did you both love or dislike about it? Would either of you want to visit the place in person someday?
23. **A Picture Is Worth 1000 Words!** Take turns texting each other photos while on Zoom that reveal some of your more recent but fun experiences. Spark up conversation in a visual way!
24. **Pack a Picnic:** Enjoy a virtual picnic with your mentee! Both pack a little snack and head out back to your balconies, front step, or backyards! Talk about what you love or what you are grateful for. Share memories of your favorite picnic or dining experiences.
25. **Try Some P-O-E-T-R-Y!** Make an Acrostic Poem by writing a word vertically and turning each letter into a word or phrase. Start with your names, your favorite hobbies, or characteristics you admire (S-T-R-O-N-G). You can get really creative with Acrostic Poems or expand your poetry skills with [these](#) styles!
26. **Let's Get Animated!** Have you ever wanted to improve your drawing skills? Want to learn to draw characters from an animator at Disney?! Invite your mentee to take a [drawing class from a pro](#)!
27. **Repurpose for a Purpose.** Find something in your homes that you can upcycle and turn into art! For example, can an old picture frame be turned into a canvas? How about making it into a stained glass window by painting on parchment paper? What can you come up with together?
28. **Let's Go to the Moon!** Or maybe... Let's learn how to moonwalk? Click [here](#) to watch a video tutorial! Then lookup your favorite Michael Jackson song and start moonwalkin! Are there other dances you can teach each other!?
29. **Make Your Own Music!** Click [here](#) to experience a website that lets you make your own beats... instantly! *And a one, a two, and a one, two, three!* Was this a hit? There's a lot more beat-making apps to explore!
30. **Start an Audio-Book Club!** [Listen to the same book as your mentee](#), and talk about it! What kinds of books do you both enjoy the most? What did you learn about your mentee through the process?



31. **Author Your Own Story!** Start a Google Doc and get creative with your mentee using one of these writing prompts: 1) [Alphabet Story](#) 2) [A Big Decision](#) 3) [Online MadLibs](#) Want an easy-going activity to do with your mentee? Take a break with your favorite artist by watching one of these [live virtual concerts](#).

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MINDFULNESS

33. Share funny and heart-warming memes or make your own!

34. Have a Spa Day! Paint your nails together or if that doesn't *suit* you, [give a tutorial to your mentee on how to tie a tie](#).

35. Take turns [trying different yoga poses](#) together on Zoom!

36. Try meditating! Set a timer for 2-5 minutes, close your eyes, to sit in silence or with calming music. Try the [Calm YouTube channel](#).

37. Create a gratitude jar and add to it throughout the week! When you're video chatting, pick a gratitude note from your jars and read it to each other.

38. In yoga, mudras are "hand postures" that can have positive effects on how we feel. [Here are some](#) that you can try out together. Do either of you notice any benefits?

39. Do a virtual home tour or introduction on Facetime. Show your garden, favorite room, or introduce a family member or pet!

40. Buy yourself & your mentee a Chia Pet online to grow them together like this [one](#).

41. **Fact Swap:** each pick something fun you've been wanting to learn more about, research it, then take turns sharing.

42. Write your bucket lists and share them with one another. How are they different? How are they similar?



43. **Resiliently Brilliant!** While on your call, each make a list of the top 2-3 ways you have demonstrated resilience in this lifetime (first define what resilience means to you). Share those stories with one another.

44. **Memory Lane:** So we've suggested a few future oriented ideas... but how about having a blast from your past? What are some of your favorite childhood memories, and why? What makes you think of these memories today?

45. **Better Together!** Chores are (perhaps) never fun... but how about when we do them together to music? Whether it be folding laundry, making our bed, sweeping the floor... is there something we can do over Zoom or FaceTime together that makes a chore... *enjoyable?!?*

46. **What Do You Treasure?** Each draw a treasure chest with all the things you need and want for your future. You'll need things of value, things that make you happy, and things that keep you safe and healthy. Here's a picture of a [treasure chest](#) to inspire your drawing.

47. **Word Salad:** Take turns scrambling up your sentences. The person on the receiving end is to guess as quickly as possible what the other is trying to say. "Today happy am I because slept I night last well." You'll be surprised how funny (and hard!) this can get!

48. **The Miracle Question!** Take turns asking one another the miracle question: "If you were to wake up tomorrow and have all of your wishes granted, what would that look like?" The purpose is to reveal what we really want. Can some of those wishes turn into goals? Then ask, "What little miracles do you already have?"

49. **Summer Lovin' Had Me A Blast!** Take time talking about what an ideal socially distant summer could look like. Start preparing for the most ideal summer with current restrictions in mind. Looking ahead can help us feel secure and even...excited!

50. **Positive Thinking:** Write affirmations on folded slips of paper and add them to a jar or a bag. Type them on your screen for each other and the other person HAS to write that one for themselves. [Here's some inspiration!](#)

51. **The Anchor Challenge!** What is something that is keeping you most grounded & anchored these days? What are some things in your day you absolutely love doing? Then... challenge each other to a more grounded week by anchoring some new options into your [schedule!](#) *Let's keep building healthy habits!*



52. **What Drives You!?** What kind of car describes you best, and why? In other words, if you were a car, what make & model would you be... and where would you go? Draw your cars and your roadmap!

SPORTS & FITNESS

53. Play basketball using the app [HomeCourt](#).

54. Try out these [fun video workouts](#) with your mentee!

55. **Keep it Moving!** One of the most important things to do right now is stay active. But many kids and adults don't make time to move! Help your mentee feel good by doing one of these [workouts from the YMCA](#).

56. **Toilet Paper Juggling!** Talk about making a valuable resource... more valuable! Have a laugh and a good time learning how to juggle toilet paper as a soccer drill [here!](#) Don't want to use this precious resource? How about a pair of rolled up socks?

57. **Need A Burst?!** Check out these fun, [12 "burst" exercises](#) offered by the YMCA.

GAMES

58. Play a game together like **online chess!**

59. **Play 2 Truths & A Lie**

60. **Ready to change up your surroundings?** Make forts while on Zoom so you can spend the rest of your call from your fort!

61. Learn fun facts by playing trivia [here!](#)

62. **Play Minecraft:** Because a little competition is always good! [Link](#).

63. **Show & Tell:** Show each other 3 things in your home that are important to you and explain why. Does it remind you of a memory? Is it your favorite food or hobby?

64. **Time Capsule:** Find a box or container of some kind. Put in fun items to surprise yourself with as a post-isolation celebration! Be free to add to this box



over the weeks. (i.e. favorite chocolate bar, funny photos, a piece of art, a memento). OR make it a feel-good survival kit for right now.

65. **Scavenger Hunt!** Go on a scavenger hunt around your homes! Find each item in this [guide](#) and share what they symbolize!