



NEXTGEN Mentoring

Empowering Youth for the Future

Healthy Relationship Activities

- Make popcorn and talk
- Play video games
- Listen to each other's favorite music
- Take photos of favorite people and places
- Take a group bowling
- Write "thank you" notes
- Talk about relationships
- Draw your family tree
- Have a picnic
- Prepare a surprise party for the Program Coordinator
- Fly a kite
- Go hiking
- Go fishing
- Play board games or cards
- Go ice skating
- Go to lunch
- Have a show and tell night
- Find a pen pal and write letters
- Go bird watching
- Play 20 questions
- Go to one of their important events such as a concert, athletic event or performance
- Ask to visit your mentee at their home. Be sensitive about not embarrassing them, especially if they're not proud of their situation. Ask to see their room and say something positive about it.
- Introduce them to your family
- Look over some of their pictures of friends and family. Ask questions such as: "Which one is easiest to talk with?" "Who would you most want to spend time with?" "Is there one that others say you look like?"
- Talk about dating, relationships, and love lives, including your failures and successes
- Learn about each other's favorite cartoons or famous person
- Have them look into a mirror while you tell them four things you like about them. Be sure to include character qualities
- Have them look into a mirror and say two things they like about themselves
- Ask them about their favorite teacher or coach. Tell them about yours
- Talk about pets past and present
- Come up with "What if ..." questions