



1:1 Mentoring Sessions

Resource Pack

The Mentoring Coordinator has collated a set of resources (from a variety of sources) to be used in mentor sessions dependent on individual need. This list gives a flavour of the types of activities used.

MENTAL, EMOTIONAL WELLBEING &

ANXIETY

1	Feelings Thermometer	Scale - How am I feeling
2	Building Confidence	Confidence - Where are you at?
3	Who Am I/ Who DO I Want To Be?	For those who compare
4	Barriers at School	How am I affected at school?
5	What Weighs Me Down or Energises me	Hot Air Balloon – baggage and what energises me
6	Stress Container	Helpful and unhelpful coping mechanisms
7	Things I Can and Can't Control	3 rings to identify what I can and can't control
8	Givers and Takers	People who give and take away
9	I Notice	Identifying how I am feeling
10	Thought on Trail	Pros and cons against thoughts
11	Fear Ladder	Steps to overcome your fear
12	Worry Tree	How to deal with worries
13	Fizz – Coping with Difficulties	Going through the motion
14	Random Acts of Kindness	Nurture positive mental health and wellbeing with this acts of kindness activity.
15	Affirmation	Helps with sleep, self-esteem and negative thoughts
16	5 Fingers	Strengths and qualities
17	Self Sooth Box	Ideas to self soothe
18	Mental Wellbeing Techniques	Techniques to relax and manage MH

GOALS

1	Traffic Lights (Goal Setting)	What would I like to stop, keep doing and want to do
2	Important Events in My Life	How have events shaped me and how can I prepare for the future
3	Goals (Smarter)	Start with value activities before setting goals
4	Habits	Removing unhealthy habits and establishing successful habits
5	My Skills	Identify Soft / Hard Skills (Shield)
6	Ladder to Success	Steps to climb up the ladder
7	How To Eat An Elephant	Breaking down tasks into a bite size format
8	What Little Things Get In The Way Of Big Things	What are the stumbling blocks of what I would like to achieve and how to overcome
9	Rock, Pebbles and Sand	Priorities in life
10	Values	Priorities - Living by what is important to you
11	Comfort Zone to Growth	Growing / Developing
12	Understanding Yourself, Your Surroundings and Making Healthy Decisions	Being aware of self and surrounding to employer and making positive decisions
	Other	Strength Finder (personality)