

# MENTORSHIP

## Teacher Resource

### WHAT IS MENTORSHIP?

Giving or asking for support, guidance, training or expertise.

### BENCHMARKS

- ✓ **HE.3.R.3.2** Identify opportunities to volunteer or serve others in the school or community.
- ✓ **HE.4.R.3.2** Model serving or helping others in the school community.

### PURPOSE

- These interactive activities will help your students explore the characteristic of **mentorship** and how to give or ask for support, guidance, training and expertise. Share the suggested introduction with your students, choose one or more of the activities below, and conclude with the suggested wrap-up. Feel free to modify or revisit activities throughout the week to continue reinforcing **mentorship**.



### Suggested Introduction:

“Today, we are going to explore **mentorship**. **Mentorship** means giving or asking for support, guidance, training or expertise. Similar to a teacher, a **mentor** is someone who helps you with goals and ideas that are important to you. That’s what **mentors** do; they share their ideas, help when things are challenging and cheer you on as you learn new skills.”



### Activities to Build Mentorship:

#### 1 Mentor Match: Helping Younger Students

Pair up students with a mentee. A mentee is a student who is in grades kindergarten through second grade and the **mentor** is in grades three through five. The **mentor** will assist the mentee in activities such as reading together, helping with math or assisting in classroom tasks. Each week, **mentors** will meet with their mentees to provide support and guidance. Extend the activity by having students keep a log of their **mentorship** experience.

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### Activities to Build Mentorship (Continued):

#### 2 School Service Survey

Help students identify opportunities to **mentor** or serve others in the school by creating a survey.

**Possible survey questions include:**

- What activities could you do to help others in your classroom?
- What activities could you do to help others in your grade level?
- What activities could you do to help others in your school?

After students complete the survey, have students compile the responses and create graphs to display the data. As a class, discuss potential next steps based on the survey data.

#### 3 Resiliency Reading Connection

Read the book *Rosa Parks* by Eloise Greenfield from the Resiliency Reading List. Rosa Parks was a **mentor** during the Civil Rights Movement because she gave guidance to other Americans who wanted to advocate for change. She taught them that they could influence others to effect positive change. Ask students for ways they can serve as **mentors** to others. Visit **buildresiliency.org** to learn about other books listed on the Resiliency Reading List; each title has a corresponding Family Reading Guide.



### Suggested Wrap-Up:

**“You all did a great job exploring the characteristic of **mentorship** and helping others in our school and community! When you teach or show someone how to do something, you’re helping him or her grow and become more confident.”**