

Lesson One: Junior High

Recognizing mentors in your life.

How your mentors support your Natural High.

Two 40 minute periods.

Objectives:

- Students will learn how to identify their mentors and qualities in them.
- Students will be able to interact with each other and discover mentor qualities and how they support their Natural High.

Activities:

Preparation

Print mentor Statements on 8 ½ X 11 paper and attach one to each of the large pieces of butcher paper (you could also write the on the pieces of butcher paper).

Mentor Statements or what Mentors may look like

Sees my unique **talents, intelligences** and often reminds me of them

Expects me to **achieve** in school and in life

Celebrates me when I do the right things right

Gives me opportunities to have new experiences and learn new things

Effectively **coaches/teaches** me the skills I need to be successful in life

Listens to me and learns about my world, my views, and my ideas

Lives in a way that if I follow **their example** will make be a better person

Is **there for me**, all the time, no matter what else is happening

Would do whatever it takes to **protect me** from harm

Often puts **my needs** ahead of their own

Activity

In small groups, students have 2 of the large pieces of butcher paper with the Mentor Statements and brainstorm what an Adult doing that statement looks like. They write their ideas on the butcher paper. Spend 1 to 3 minutes on each statement. Then groups move to another table with 2 different statements. Repeat activity until all students have interacted with all the statements.

Answer questions in Mentor/Anchor Journal:

1. What did you learn about yourself or others?
2. What will you tell someone else about what you learned?

Survey/ Reflection:

1. Give examples of one thing that stood out to you most about mentors/ your Natural High, during this lesson?
2. Give an example of what worried or made you uncomfortable?
3. Give example of what gave you hope or inspiration?

Reflection

Write something you learned about Mentors/Natural High. Share with someone in your life.