



## Mentoring Advanced Placement Mentor Check-in Activities

### The Basics:

---

Always start with some sort of check-in! This will help you get to know the students, and let you know where they are in the moment. It also warms the group up and creates a feeling of support and trust.

The activities listed below are fast and simple ways to get people talking about themselves. You might find one that works well for your group every time, or you might mix it up each time you meet!

### The Activities:

---

#### **Sweet/Sour**

*Time:* 5-10 minutes, depending on group size, and how talkative they are.

*Ideal Group Size:* Any

*Supplies:* Two bags of candy—one sweet (M&Ms are always a hit) one sour (Sour Patch kids are highly recommended)

1. Explain activity: Each of you will have a chance to take a piece of sweet candy while telling us what is sweet in your life today, and to take a piece of sour candy while telling us something that is sour today.
2. Sit in a circle and pass around the candy. One at a time, each person (including teacher and mentor!) has a chance to take pieces of each type of candy while sharing with group.
3. If people want to tell the group multiple sweet things/no sour, or vice versa, let them!

#### Modifications for Sweet/Sour:

- If you forgot the candy, you can have each person share a highlight then a challenge.
- If it's been a while since you've met, have each person share their sweetest sweet, and sourest sour since last you met, so you can get the big picture.

### **Weather Forecast**

*Time:* 1-5 minutes, depending on group size

*Ideal Group Size:* Any

*Supplies:* None

1. Sitting in a circle, explain the activity to group: We're each going to have a chance to tell the group our own personal weather forecast for the day.
2. One at a time, each person tells the group their forecast. For example, if I'm having a great day, I might tell the group that I am sunny high of 80. If I'm not so great, I might be cloudy with a chance of rain.

### **Three Word Summary**

*Time:* 1-5 minutes, depending on group size

*Ideal Group Size:* Any

*Supplies:* None

1. Sit in a circle.
2. One at a time everyone has a chance to describe to the group how they are doing *right now*, using only three words. It's hard to be concise!
3. To make it harder, impose a limit of 2 words, or only 1 word.
4. Encourage silliness!