

## HOW TO KEEP MENTORING GOING

### Digital tools and online activities for our mentors and mentees

- There is a website called **Asana**. With Asana you can create a team, track your progress and manage important projects. It can help you when you have an online project together and you want to have a clear overview of your team members and the progress of your project.  
<https://asana.com/>
- **Kahoot** is a well-known platform that we usually use in class. However, using it in this situation can be really fun, challenging and useful to learn more about general knowledge and feel the adrenaline of competing with others. <https://kahoot.it/>
- Another suggestion is the app **Dialup**. The app works connecting people into calls about various subjects, like arts, books and cozy, including the QuarantineChat. So, you just download the app, register your number and choose the chat you want to participate in; then the app connects you to someone else during the day. <https://quarantinechat.com>
- Check the app called **Rave!** You can watch videos together at the same time. You can chat during the show or movie and talk about it. It supports different platforms like YouTube and Netflix. The main goal is watching shows together even when you are alone!  
<https://apps.apple.com/nl/app/rave-watch-together/id929775122?l=en>
- Would you rather **Play “would you rather”** together through an app. Which gives you different options to choose from. So for example would you rather be able to fly or be able to do magic. After every choice that is made the mentor and mentee can talk about the choices that are made.
- **Skype function 'share screen'**. Skype together and share the screen together and be able to show each other things on the internet and talk about what you are seeing.
- **List with challenges**. What is something you have always wanted to do, but never had time to do it? Something you wanted to do, but you were too nervous. Something out of your comfort zone, something new? Discuss different challenges together and make a 'challenges list' for yourself. Give yourself (/each other) a week/ multiple weeks to check off as many as you can. After the given time period, discuss your achievements. You can maybe combine this with the 'five year plan'. You can also make a list with some lighter subject challenges (like: call your grandparents, bake a cake, dance to the radio, ... ).
- **Skype with a guest speaker ; skype group-session**. Skype with a guest speaker who can talk about issues that the mentee is having. This way the mentee will get a new perspective on the issue. Or skype with multiple mentees in one group and let them talk about being in isolation or their daily issues together and let them help each other and have social contacts this way.

- **Task watching a movie** (doesn't have to watch it together). Come together next day to talk about the movie, the characters, what would you have done in their situation etc. Why do you think these characters made these decisions?
- **Playing Charades.** Playing charades together. Each player thinks of a name of someone famous. Then you start to ask each other yes or no questions to figure out who the other person is thinking about.
- **Writing a Blog/ make vlog.** Writing blog/ make a vlog about your daily life right now. What keeps you through the day, what do you do differently in order to stay in shape/ busy/ focused.
- **Five year plan.** Make a five year plan together. So think about where and who you want to be in 5 years. After making the plan the mentee and mentor can think about how to accomplish these goals and how the mentee can start working on these goals right away from school.
- **Making a Moodboard.** What makes you happy, what is important to you, what do you want to achieve. Make a moodboard based on these questions. This will help you having clearer dreams/ goals.
- **Read quotes online.** Make a list of your favourite quotes and put them somewhere on your wall or desk. Choose quotes that will motivate you and remind you why you are doing it.
- **Virtual Museum Tours.** Go on virtual tours of museum tours which can be found online. Best examples include using google maps to visit inside famous landmarks. This activity will also include reflection on what the virtual tourists explored and learnt during this tour. This activity will allow for exploring new and interesting places from the comfort of home. Mentors can also give tasks and challenges for mentees to explore these sites and answer questions about these sites.
- **Online Board Games.** Online board games can be utilized by mentors to engage with one or multiple mentees to provide entertaining activities. These board games can include classics such as Ludo, monopoly, chess, snake and ladders amongst others.
- **House Party.** House party is a social media platform which allows group of people from jumping in and out from group video calls. These video chats can be utilized by mentors and mentees to initiate conversation with each other, update each other on how they are doing, share ideas and develop activities, tasks and suggest skills for self-learning and development.
- **Online Workouts.** Posting live workout or pre-recorded workout and wellness sessions for the mentees. Physical activity is important, especially when being at home and this tool can be used to promote home workout regimes, setting goals and learning how to stay physically active.

- **Challenges and activities.** This will involve working with mentors to develop weekly challenges and activities which can be performed by the mentees. This could include tasks such as reading a book and summarizing it, solving problem provided by the mentees and other similar tasks which will promote self-learning and self-development. These tasks can be a nice way to keep the mentees busy and their minds clear and focused on small easy to complete tasks and challenges.
- **Drawing games.** Online drawing games can be used by multiple users to set drawing challenges which needs to be completed in a time period. There are several options available such as drawception and draw something. This will test the creativity of the mentees and the mentors through fun drawing challenges.
- **Watching YouTube videos together.** Use web platforms to watch youtube videos together. Website like [watch2gether.com](http://watch2gether.com) allows users to watch videos on youtube simultaneously along with a chatroom. This can be used by mentors to view educational or inspirational videos and talk about their thoughts and opinions in real time.
- **Online white boards.** There are several online white-board websites which can be used to share the contents of a web-based whiteboard with multiple people at the same time. This can be useful for having an online whiteboard while organizing online workshops and skype sessions.
- **Live videos on Instagram page by mentors.** Mentors can be contacted to post live videos to engage and start conversations with several mentees simultaneously. This can also be used to give live workshops and start conversations with the mentees.

*Anne, Desirée, Juhair, Zainab, Ines, Gabriella, Leon, Sanne, Teesa, JiunnDer, Anneke*