

# WEEK 5

## quarantine

# MENTORING PLAN

### THE POWER OF PLAY

## OVERVIEW

This week we're focusing on the Power of Play! We love seeing giggles and laughter from our mentees who are having a genuinely good time with their mentors. This week, invest in playing with your child. We have a few resources below including a picture book and coloring pages, but we encourage you to be creative! You know your mentee best. Let us know if you need help accessing an activity you know your mentee would enjoy. Our staff found two resources that are fun and related to the crisis we are going through. See below for a cute picture book along with locally made coloring pages that honor our first responders.

### SUGGESTED MENTORING PLAN:

- **10 mins:** Listen to your child and use our conversation starters.
- **20 mins:** Do homework with your child or complete one of the fun activities we have listed below. We found some local COVID-19 resources for keiki!
- **30 mins:** Play! We have game ideas listed below along with websites that you can play Connect 4 with your child and draw online with your child.



## CONVERSATION STARTERS

- What do you like to do for fun?
- What was the last thing you did that was really fun?

## ACTIVITY IDEAS

### LOCAL COVID-19 ACTIVITIES FOR KEIKI

We found a few activities that honor our first responders and address the crisis locally in a fun and kid friendly way.

- *The Story of the Oyster And The Butterfly: The Coronavirus and Me* Picture Book
  - [mindfulhawaii.org/wp-content/uploads/2020/04/Corona-Virus-Me-picture-book.pdf](https://mindfulhawaii.org/wp-content/uploads/2020/04/Corona-Virus-Me-picture-book.pdf)
- Local coloring pages by Nicole Namdar honoring Hawaii and our first responders:
  - [cdn.shopify.com/s/files/1/0298/6324/8004/files/Image\\_9.pdf?v=1586142423](https://cdn.shopify.com/s/files/1/0298/6324/8004/files/Image_9.pdf?v=1586142423)
  - [cdn.shopify.com/s/files/1/0298/6324/8004/files/Image\\_13.pdf?v=1587523572](https://cdn.shopify.com/s/files/1/0298/6324/8004/files/Image_13.pdf?v=1587523572)

### GAMES YOU CAN PLAY REMOTELY

Scategories, 20 questions, charades, pictionary, hangman. Play Connect 4 (c4arena.com). Draw a picture together (aggie.io).

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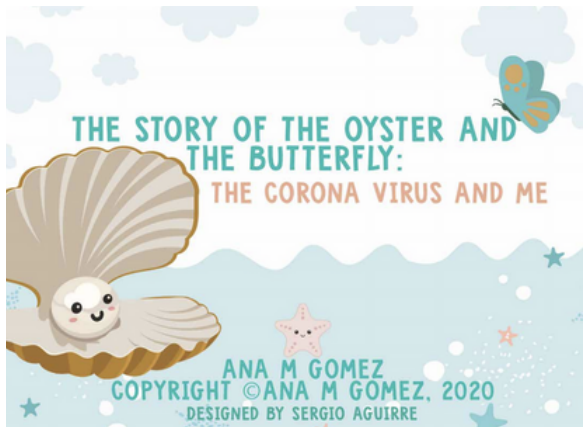
quarantine

## ACTIVITY PREVIEW

THE POWER OF PLAY

### THE STORY OF THE OYSTER AND THE BUTTERFLY

This cute story helps keiki work through and understand tough times with an adorable story and activity pages for children to do. To access this book, click here: [mindfulhawaii.org/wp-content/uploads/2020/04/Corona-Virus-Me-picture-book.pdf](https://mindfulhawaii.org/wp-content/uploads/2020/04/Corona-Virus-Me-picture-book.pdf)



### LOCALLY MADE COLORING PAGES BY NICOLE NAMDAR

We are so grateful to live in Hawaii and for our frontline workers keeping us safe. These coloring pages honor both of these things! To access these coloring pages, click these links:

- [cdn.shopify.com/s/files/1/0298/6324/8004/files/Image\\_9.pdf?v=1586142423](https://cdn.shopify.com/s/files/1/0298/6324/8004/files/Image_9.pdf?v=1586142423)
- [cdn.shopify.com/s/files/1/0298/6324/8004/files/Image\\_13.pdf?v=1587523572](https://cdn.shopify.com/s/files/1/0298/6324/8004/files/Image_13.pdf?v=1587523572)

