



Project Friendship: Mentoring Activities Guide

This guide provides a list of potential activities for mentors and mentees in the Northfield community, organized by theme.

General Activities & Community Exploration

- Northfield Library: Explore the library's resources, attend a program, or find a quiet space to read together.
- Local Parks: Enjoy the outdoors at the park downtown by Wells Fargo or at Sibley Elementary's playground.
- Discount Partners: Visit one of the local businesses that are Project Friendship discount partners. This is a great chance for the mentee to handle cash and practice making change.
- Northfield History Center: Discover the history of Northfield by exploring the exhibits and resources at the History Center.

STEM Engagement (Science, Technology, Engineering, and Math)

- Coding & Technology: Use online platforms like Scratch and Tynker to learn basic coding. Discuss with your mentee what they are learning in their school's STEM classes, like a robotics club or science fair.
- Science Experiments: Conduct simple "science experiments" at home using resources from reputable websites like childsci.org and 3m.com/science-at-home-us.
- Stargazing: Find a clear night to go stargazing. Use an app or a star chart to identify constellations.
- Educational Discussions: Ask your mentee about their classes. Encourage them to "teach" you a topic from a class they enjoy. If they dislike a certain subject, discuss why and work through those feelings together.
- Games & Quizzes: Let the mentee manage the money when playing games that involve a banker. You can also design a Kahoot quiz together on a topic of interest.
- STEM Media: Watch a single episode of a STEM-related TV show and follow up with a discussion about what you learned.

Life Skills & Practical Engagement

- Farmers' Market: Visit the Northfield Farmers' Market on Fridays or Saturdays. Explore the stalls, ask vendors questions, and try to identify three new fruits or vegetables.
- Grocery Store Math: Go to a grocery store like Family Fare or Just Food Co-op. Work together to find healthy snacks, compare prices, and calculate the total cost.
- Project Friendship Supply Resources: Access a variety of free supplies, including art materials, puzzles, and board games, from the OSA office in Buntrock Commons.
- Power of Produce (POP) Club: Engage with the POP club, a program at the farmers' market that teaches kids about healthy eating.