

Grand Area Mentoring / 435-260-9646

## Growing for Good



### Self-Care for Kids

It's not too early to start talking with your mentee about how you take care of your body and mind. Some strategies you can explore and model in your mentoring sessions might include:



**Take a break.** Sometimes we need to just chill or find another mellow activity to let the body and mind recharge, especially if something difficult has just occurred.

**Do your favorite things.** Help your mentee make a list of their favorite hobbies. Explore some of them and find ways to work them into your mentoring sessions.



**Spend time with caring people.** Positive social time boosts mood and health. Carve a little time out to play with people whose company you enjoy.

**Sleep, eat, and drink.** It's hard to be happy in an unhappy body. Focus on creating just one good habit, like going to bed at the same time each night.



**Find calm.** Maybe this looks like listening to relaxing music, meditating, going for a walk, or doing yoga.

**Express yourself.** It's important to talk with people about the challenges and successes of your life! If you can't find the words, try drawing and sharing your art with a friend, teacher, mentor, or counselor.

Mentors, please join us January 31<sup>st</sup> for a self-care and regulation training with Nan Marquardt!



### These Months in Mentoring

- **December 8, 5pm via Zoom: Book Club Discussion.** Chapter 10, Goal Setting and Support. Put in on your calendar! See reverse.
- **December 19-30: Holiday Break.** No school.
- **January: National Mentoring Month!** Yahoo!
- **January 10, 4:45-5:45, Hop Middle School: Trauma-Informed Mentoring Part 3.** Join us in the Lecture Hall for this important final installment in Kelly's Trauma Lens training series. This will cover strategies for helping your mentee regulate their emotional states.
- **January 16: Martin Luther King Jr. Day.** No school.
- **January 19-20: Mid-Term Conferences.** Early out Thursday. No school Friday.
- **January 26, 5-7pm, Hop Middle School: New Mentor Orientation.** The place to learn about mentoring in Moab! No-obligation. Tell your friends, colleagues, and family members. Text (435) 260-9646 to register.
- **January 31, 4:30-5:30, HMK Mentoring Room: Self-Care and Regulation for Mentors.** Celebrated Moab trainer Nan Marquardt will talk to us about how our own self-regulation is crucial for serving mentees! Look for more in the January newsletter.

### Idea of the month: Discuss: Would you rather...

- Dive for pearls or mine for diamonds?
- Live your entire life on a spaceship or on a submarine?
- Bungee jump or sky dive?
- Go deep sea diving or white-water rafting?
- Be as small as a thimble or as large as a skyscraper?
- Be a millionaire or have inner peace?
- Perfectly remember every image you've seen or every sound you've heard?
- Fall asleep effortlessly every night or wake up effortlessly every morning?

## Grand Area Mentoring

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### Trauma-Informed Mentoring Part 3; How to Help Your Mentee Regulate Their Nervous System

Please join us for this cutting-edge video training by school counselor Kelly Vagts. We will explore the central nervous system and how it controls our perception of the world around us. We will learn to become aware of our own nervous systems and how to use this knowledge to connect more deeply with our mentees. Further, we will learn what dysregulation looks like in children and offer skills on how to help a child return to a regulated state.

**Who:** All mentors (+ staff/youth-serving professionals)  
**When:** January 10, 4:45-5:45pm  
**Where:** Hop Middle School Lecture Hall

### BECOMING A BETTER MENTOR BOOK CLUB

Grand Area Mentoring is returning to the National Mentoring Partnership's guide for mentors: *Becoming a Better Mentor*. This excellent book goes through the elements of improving your mentoring relationship. It's available for free here:

[www.mentoring.org/resource/becoming-a-better-mentor/](http://www.mentoring.org/resource/becoming-a-better-mentor/)



You are invited to join Grand Area Mentoring in reading Chapter 10 in December. **The discussion will be held via Zoom and last 40 minutes.**

#### • December 8, 5pm: Chapter 10, Goal Setting & Support

This is your chance to engage expert content in conversation with your fellow mentors. It's written by leaders in the field and full of real-world advice and evidence-based strategies.

Please mark this dates on your calendar and look for a link on your email or contact us for details.