

One Momentous Month!



This Month in Mentoring

o **January 2: Winter Break ends.** Mentoring begins for 2018!

o **January 4, 5-6pm, Broken Oar Restaurant: National Mentoring Month Volunteer Celebration!** Each mentor (plus one) is invited to enjoy our finger food party, mix with fellow volunteers, and look forward to another wonderful year in mentoring. Thank you to Randy Apadaca for making this happen!

o **January 9, 5:45pm, HMK Elementary School: Trauma-Informed Mentoring (Part 1)** w/ Kelly Vagts. This important training will help you understand and respond to your mentee. See box at right for more. NOTE: This is a different time than previously stated.

o **January 15: Martin Luther King Jr. Day.** No school. No mentoring.

o **January 19, 6pm, High School Auditorium: Lessons from Tragedy** w/ Frank DeAngelis. Retired principal of Columbine High will discuss the lessons he learned about school safety.

o **January 25-26: Mid-Term Conferences.** No Mentoring. (January 25th is also national Thank Your Mentor Day. Thank the mentors in your life too!)

o **January 31, 4:30-6:30pm, HMK: New Mentor Orientation.** Ask your friends and family to make a New Year's resolution – pass on their good luck to a child looking for guidance. There's no better time to become a mentor than National Mentoring Month. To register, call (435) 260-9646 or email grandareamentoring@gmail.com

January is National Mentoring Month!

This is the season to celebrate Moab's mentors and youth. We also seek to expand opportunities for quality mentoring. Use the dates at left to update your calendar so you don't miss...

- Trauma-Informed Mentoring Training
- Frank DeAngelis Presentation!
- New Mentor Orientation!



• **Mentor Volunteer Celebration!** Come on down for some tasty, free finger food!

We'll gather at the Broken Oar to hang out with Moab's awesome mentors, eat barbeque pork sliders and sweet potato fries (in three different ways!), bestow some gifts, and party in the New Year! Kudos to the Broken Oar for hosting us!



Advanced Mentor Training:

TRAUMA-INFORMED MENTORING (Part 1) w/ Kelly Vagts

January 9th
5:45-6:45pm **New time!**
HMK Elementary School

A Trauma Lens: Helping mentors understand and implement a trauma-informed approach with mentees and families.



1 in 4 children has experienced a traumatic event that affects their behavior, emotions, and ability to learn. For you as a mentor, this translates to students who exhibit defiant behavior, a lack of emotional regulation, self-harm (such as cutting/ burning), bullying, or other symptoms.

In this workshop you will learn what trauma is, how it affects children developmentally, why it is important for you as a mentor to have a trauma lens, and skills to help your mentee overcome hurdles.

Grand Area Mentoring

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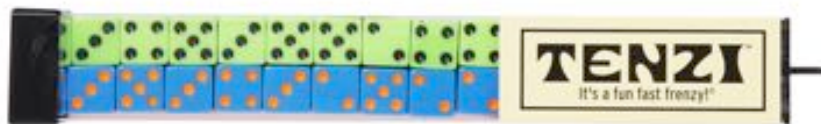


Jim & Azure



Jonathan & Sock

Mentoring Idea of the Month: Roll the Dice!



Happy New Year! This brand new dice activity, the “world’s fastest game,” will be revealed at your mentoring site in 2018:

TENZI won the American Specialty Toy Retailing Association’s Best Toys for Kids Award, and for good reason! There are multiple ways to play, from one player up to four. See how fast you can roll the dice and think on your feet.

Objective:

Be the first player to get all ten of your dice to show the same number.

How to play: (2-4 players)

Each player chooses a set of dice. Players hold all ten dice in their hands. At “Go,” everyone rolls at the same time. Quickly look at your roll and decide which number you are going to go for. (For example, if you have more 3’s than any other number, that’s what you want to go for.) Put all your dice with that number aside, collect the remaining dice and quickly roll again. (You do not have to wait for others to roll again. Everyone rolls together only on the first roll.) Keep rolling until all ten of your dice show the same number.

Winning:

The first player to get all ten of their dice to match (ten 3’s, for example) shouts out “TENZI” and wins the game.

Alternates games:

TENZI TOWER

Instead of putting your successfully rolled dice aside, stack them one on top of the other. First player to get all ten of their dice stacked and shout “TENZI” wins!

SPLITZI

Instead of trying to get all ten dice of one number, try to get five dice of one number and five dice of another number, and then yell “TENZI”.

TEAM TENZI:

Join forces and play in teams! Get all your team’s dice on one number. Or play this way – each team member goes for a different number!

TIMED TENZI: How fast are you?

Over 40 seconds _____ Cubie Newbie
30 – 40 seconds _____ Tumbler in Training
20 – 30 seconds _____ Rockin’ Roller
10 – 20 seconds _____ Dice Dragon
Under 10 seconds _____ TENZI Master

