



Grand Area Mentoring • (435) 260-9646



## Underdogs for the Win

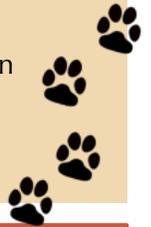


Kayley & Grace



### This Month in Mentoring

- o **March 30-April 3: Spring Break.** No school.
- o **April 22, 5-6pm on Zoom: Trauma Lens Part 3 video with Kelly Vagts!** Even if you missed parts one and two, this is for you! *Look for a Zoom link on email. See box below.*
- o **April 23, 3:15-4:40: Underdog Animal Rescue & Rehab Visit!** Contact Teresa to sign up for this cute & informative experience! Open to all mentors and mentees, but there are limited spots! See below.



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

Please join us for this important video training by school-based therapist Kelly Vagts, which explores the central nervous system and how it controls our perception of the world. 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 (& GCSD staff welcome)

**When:** April 22, 5:00-6:00pm

**Where:** Zoom, from your phone or computer!

### Underdog Animal Rescue & Rehab Visit!



**When:** Thursday, April 23rd

**What time:** 3:15-4:40pm

**Who:** First come, first served!



Calling all dog lovers!  
Join us for an after-school adventure to Underdog Animal Rescue. Play with cute dogs, and learn some basic dog training techniques with knowledgeable Underdog staff. Space is limited so RSVP today: [munisterit@grandschools.org](mailto:munisterit@grandschools.org)





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2025/2026 Match  
Recruitment Ticker

21  
New Matches

2025/2026 Mentoring  
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13  
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### Conversation starters:

Try these with your mentee:

- What is something that made today a little better?
- What's something you've gotten a little better at over time?
- What's something small that went right this week?

**Follow their lead.** If a mentee gives a short answer, that's okay – connection comes from consistency, not depth in one conversation.



Evan & Natalia



Eden & Liz

### Mentoring Idea: Mini Scavenger Hunt (Classroom Edition for HMK)

**Why it's great:** No setup needed and easy to play.

**How it works:** Ask your mentee to look around the room or playground and find:

- something red
- something tiny
- something soft
- something that starts with the letter B
- something that makes you curious

**Bonus**

- Have your mentee create two clues for you!

**Skills:** Observation • Curiosity • Communication • Turn-taking



### Mentoring Idea: Mini Community Service Project

Give back together in a simple, meaningful way – no big planning needed. **Try this:**

- Pick up trash on a short walk or trail
- Write thank-you notes to a teacher or staff member
- Help tidy a shared space (library area, park bench, etc.)
- Leave a kind note or drawing for someone to find

**Talk about:**

- Who did this help?
- How did it feel to do something for others?

**Tip:** Keep it small. 10–20 minutes makes a difference.

**Skills:** Empathy • Responsibility • Community Awareness • Initiative

